

THE  
MALONE  
COOK BOOK



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FIRST CONGREGATIONAL CHURCH, MALONE, N. Y.

# THE MALONE COOK BOOK



WOMAN'S AID SOCIETY  
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FIRST CONGREGATIONAL CHURCH  
MALONE, NEW YORK

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## WEIGHTS AND MEASURES

Ten eggs, average size.....	One pound
One quart of flour.....	One pound
Two cups of butter.....	One pound
One generous pint of liquid.....	One pound

The cup is the common kitchen cup, holding half a pint.

Two cups granulated sugar.....	One pound
Two heaping cups of powdered sugar.....	One pound
One pint of finely chopped meat, packed solidly.....	One pound
Two level tablespoons of salt make.....	One ounce
Two salt spoons make.....	One coffee spoon
Two coffee spoons make.....	One teaspoon
Three teaspoons make.....	One tablespoon
Two tablespoons make.....	One fluid ounce
Four tablespoons make.....	One wineglass
Two wineglasses make.....	One gill
Two gills make.....	One cupful
Two cups make.....	One pint
Four teaspoons of salt make.....	One ounce
One heaping or two level tablespoons granulated sugar make	One ounce
A piece butter size of egg, or one rounding tablespoon makes	One ounce
Two tablespoons of flour make.....	One ounce
One pint of brown sugar weighs.....	Twelve ounces
One square of Baker's chocolate weighs.....	One ounce

One square of Baker's chocolate, grated, makes four level tablespoons of Huyler's powdered chocolate.

Three level tablespoons of grated chocolate weigh.....One ounce

One cup of chopped suet makes.....One-fourth of a pound

One tablespoon of granulated gelatine equals one-fourth box of gelatine.

A level tablespoon is one that is flattened over the top with a knife. A rounded tablespoon is one that curves as much over the top as the spoon itself does beneath. A heaping tablespoon is one piled high and contains as much as the spoon can hold. In this book the tablespoon and teaspoon measurements are rounding and the cup level, unless otherwise stated.

## TIME TABLE

Beef, fillet, rare, twenty to thirty minutes.  
Beef, sirloin, rare, per pound, eight to ten minutes.  
Beef, sirloin, well done, per pound, twelve to fifteen minutes.  
Beef, corned, per pound, thirty minutes.  
Chicken, three to four pounds weight, one to one and one-half hours.  
Duck, tame, from forty to sixty minutes.  
Duck, wild, from fifteen to twenty minutes.  
Goose, steam one hour, roast two hours.  
Turkey, ten pounds, three hours.  
Lamb, well done, per pound, fifteen minutes.  
Mutton, leg, boiled three and one-half to four hours.  
Ham, per pound, twenty minutes.  
Pork, well done, per pound, thirty minutes.  
Squab, baked, one hour.  
Veal, well done, per pound, twenty minutes.  
Asparagus, fifteen to thirty minutes.  
Beans, shelled, one to two hours.  
Beans, string, one to two hours.  
Beets, one to five hours.  
Beet greens, one hour.  
Brussels sprouts, boil quarter of an hour.  
Cabbage, forty-five minutes to two hours.  
Carrots, forty to sixty minutes.  
Cauliflower, one-half hour.  
Corn, twenty minutes.  
Dandelion greens, from one to one and one-half hours.  
Onions, one to two hours.  
Parsnips, from one-half to one hour.  
Peas, twenty minutes.  
Potatoes, baked, forty-five minutes.  
Potatoes, boiled, thirty minutes.  
Potatoes, sweet, baked, one hour.  
Potatoes, sweet, boiled, forty-five minutes.  
Spinach, one hour or less.  
Vegetable oyster, one hour.  
Squash, summer, one-half hour.  
Squash, winter, baked, sixty minutes.  
Squash, winter, boiled, twenty-five minutes.  
Tomatoes, thirty minutes to one hour.  
Turnips, forty-five minutes.

## TABLE SERVICE

The first requisites for a dinner are fine damask, and bright silver. We cannot all have cut glass and delicate china, but the table linen can always be snowy white, and the silver shining. These, with a center piece of flowers or fruit, will make a table pleasing to the eye.

A cover signifies the place laid at table for each person, and should consist of the number of knives and forks required for the courses, a large spoon for soup, a glass for water, and a butter plate, if butter is served. The knives and forks should always be placed on the right and left of the plates, never across the table. Glasses at the right, kept filled by the waitress.

The dinner napkin is placed at the left of the plate. On the theory that a guest should never be without a plate before him, some use a "place plate" on which is set the oyster and soup plates and which is removed with the soup course. The waitress brings the plate for the next course when she removes the plate of the preceding course. If one has a number of servants the dinner is served from the side, but even with one waitress it is easier to serve many of the courses from the buffet. After the *hors d'œuvre* which is at each place when the guests enter the room, the soup may be served by the hostess or from the side. At formal dinners the meats may be carved by the host, or they may be carved outside, and passed by waitress—always served at the left of each person.

Fish is served next accompanied by boiled potatoes cut in round balls, browned, and used to garnish the fish, and cucumbers sliced with French dressing. (Fish should always be cut with a silver knife.) An *entrée*—sweet breads, croquettes, etc., passed by the waitress.

Then come the *relevés*, or substantial dishes, roast beef, lamb, mutton, turkey or chicken, etc.

Any and all vegetables are served with beef. Lamb calls for green peas and spinach. Turkey, cranberry sauce, onions, tomatoes, potatoes. Chickens are accompanied by rice and cauliflower. Pork, and roast goose must always be accompanied by fried apples, or apple sauce, sweet potatoes, and turnips. After the roasts at an elaborate dinner, sherbet follows; then game and salad.

Salad can be served with the game or by itself, accompanied by *chèese*. This latter is often made a course by itself, and served just before the dessert. The present style is to serve each dish by itself.



Only one, or at most two vegetables are served at one course, and many are made a course by themselves, as asparagus, macaroni, etc.

After the salads and cheese come the ices and sweet dishes, bonbons, etc., followed by coffee.

For hot meat courses, entrées, etc., hot plates are used; cold ones for salad, cold meats, and hot puddings which retain their own heat.

If the knives and forks at first laid are not sufficient, a fresh fork, or knife and fork, is set before each person on a fresh plate.

Vegetables are always eaten with a fork, save asparagus, which may be taken in the fingers. Salads, croquettes, etc., cheese, and most fruits are eaten with a fork, also ices and many puddings, the knife being used only when absolutely necessary. Spoons are used for preserves, custards, berries, in fact for whatever dishes are too liquid to be managed with a fork.

Before dessert everything is removed from the table except the cloth, which is brushed with a napkin, as being more noiseless than a brush or scraper, and dessert spoons, forks, or whatever is to be required placed at each place. The finger bowls come with the fruit.

The present style is to shorten the dinner. Five courses for an informal and seven or eight for a formal dinner are considered quite sufficient. Many substitute an appetizer called a canapé made of anchovies, caviare, etc., for the oysters.

First Course — Hors d'œuvres.

Second Course — Soup.

Third Course — Fish or entrées.

Fourth Course — The roast with potatoes and one vegetable.

Fifth Course — A punch followed by the game or salad with cheese and bread and butter sandwiches or toasted crackers. Many serve the bird and salad together thus combining a game and salad course.

Sixth Course — Ices or puddings.

Seventh Course — Fruit, bon-bons, etc., with coffee. Coffee is frequently served in the drawing room.

It is very simple to prepare a dinner "à la Russe," as the many dishes do not have to be hot and in perfection the same minute, and served all together, but each succeeding course can be prepared while the other is being served and eaten. For a "tea party," or, in city parlance, "high tea" the coffee and tea equipages stand before the hostess. The table may be ornamented with fruit and flowers, but not in the formal fashion of a dinner party. Preserves may stand on the table in glass dishes.

Fried oysters, croquettes, chops and green peas, omelet and cold meats of various kinds may be served by the host. Vegetable and other salads are always welcome, and hot bread and coffee indispensable.

Bouillon often forms a first course. With bouillon a large teaspoon is provided.

## LUNCHEON

At a small luncheon the table covering may be a pretty luncheon cloth with some color or plain white. If you have a handsome table use different sized doilies with center piece. If artificial light is preferred darken the room and use candles. Decorations at the discretion of the hostess. The daintiest china and silver should be used. At each plate the usual articles knife, fork, spoons, tumbler, bread and butter plate and napkin. A roll, or bread-sticks should lie on each napkin, or on bread and butter plate. Around the center piece are the dishes of salted nuts, bon-bons, olives, etc., arranged to decorate the table and add to the general attractiveness.

The first course, grape fruit or some appetizer, can be on the table when the guests enter the room. Second course, beef, chicken or claim bouillon served in bouillon cups. Celery or radishes may be served with this course.

It is followed by some dainty preparation of fish, as creamed or deviled lobster, fish croquettes or patés. A plate holding a portion is placed before each guest when the preceding plate is removed. The guests are kept supplied with butter and rolls with and after this course. The "*pièce de résistance*" now comes; chops and green peas; broiled chicken, small steaks with mushrooms, and potatoes in some appetizing form. During the serving of these courses the salted nuts, olives, etc., are passed. Salad makes the fifth course with which is passed cream cheese and toasted crackers, varied according to the character of the salad with Bar-le-duc or a rich strawberry jam served with the cream cheese. Some hostesses serve one of the famous Smithfield hams with the salad from which each guest cuts a thin piece.

The table is now cleared and ices in fancy shapes or other dessert is served. The finger bowls are brought on, coffee served, and the luncheon is at an end except for the bon-bons which are usually taken to the drawing room.

In serving a large or more formal luncheon the guests are frequently seated at small tables. Each table is decorated with candles, flowers, bread-sticks tied with ribbons, a bunch of flowers for each guest, cards to indicate the seats, and individual favors, if given. The menu is more elaborate, beginning with raw oysters or Little Neck clams. The meat course is followed by a punch and game course, salad, and then the dessert which may be ices, jellies, creams, etc., etc., closing with fruit, bon-bons and coffee.

## AFTERNOON TEA

The afternoon tea depends on the attractiveness of the table and the ladies who pour, robed in dainty house gowns, rather than on the variety of viands offered. The table should be decorated with flowers, stately tea or coffee urn, fancy silver dishes filled with colored bon-bons and plates of dainty sandwiches and fancy cakes. Those who have a regular "At Home" day provide tea or chocolate, sandwiches, toasted muffins, and occasionally little tea cakes, seldom anything more elaborate. But at a large formal tea, chocolate or coffee and tea, served with thin slices of lemon or candied cherries, sometimes hot bouillon, a variety of sandwiches with plenty of fancy cakes, nuts and bon-bons are provided for the guests. Salads and ices are added, when the reception is very elaborate, and gentlemen are expected.

## HORS D'ŒUVRES

These dishes are usually served as a first course at dinners and luncheons; they consist of fruits, shell-fish, and canapés. Canapés are often served to the guests in drawing-room just before dinner is announced.

**Raw Oysters.**—Small oysters are generally used for this purpose, but many prefer the large ones. If not served upon the half shell, lay each oyster carefully upon a bed of pounded ice in the cavity intended to receive it in your oyster plate. Put a slice of lemon in the center of the plate. If you use the half shells set them also upon pounded ice.

**Raw Clams.**—Serve like oysters.

**Sauce for Raw Oysters.**—Cut a raw onion with a silver knife and scrape until the juice coats the knife blade; use knife for mixing the sauce. One-half cup of tomato catsup, juice of one lemon, one tablespoon of Worcestershire sauce, one-half teaspoon of salt, one-fourth teaspoon of paprika. Serve very cold.

Mrs. Capron.

**Oyster Cocktail.**—In a wine glass put one tablespoon of lemon juice, four tablespoons of tomato catsup, three drops of Tabasco sauce, a dash of celery salt and a dash of Worcestershire sauce for six oysters.

Mrs. L. C. Wead.

**Oyster Cocktail.**—Drain one pint of oysters through a cheese cloth, put on the ice for three hours. Prepare sauce of one cup of catsup, one tablespoon of Chili sauce, one teaspoon Worcestershire sauce, a few drops of Tabasco sauce, juice of one-half lemon, if juicy, if not put in more. Serve in green peppers. This serves four persons. To prepare peppers, put in hot water a few minutes then the inside will come out nicely. If preferred serve in cocktail glasses. Mrs. Bræd.

**Crab Flake Cocktail.**—Chop fine the white inner stalks of a head of celery, a green pepper from which the seeds are removed and the flesh of six olives. Mix the chopped ingredients through two-thirds of a cup of Mayonnaise dressing. Add the above to about an equal bulk of crab meat—mix carefully and let stand an hour or more before serving. If Mayonnaise is not liked add lemon juice, vinegar and Chili sauce. Serve cold.

**Hors d'Oeuvre.**—Place one slice of tomato on a round piece of toast. Cover with Mayonnaise dressing. Then chop very fine, separately, one green pepper, three gherkins and arrange in star shape on toast. Lastly decorate with the whites and yolks of two eggs chopped fine, separately.

Mrs. William C. Breed.

**Lobster Cocktail.**—One tablespoon each of horse radish, vinegar, Worcestershire sauce, tomato catsup, two of lemon and a few drops of Tabasco sauce, one-half teaspoon of salt, mix well and put on ice for an hour. To this add shredded cooked lobster meat until you have the quantity needed. Serve in glasses.

**Clam Cocktail.**—Use the Little Neck clams when you can get them, and serve as you would oysters.

Canapés are made from white, Graham and brown bread sliced very thin and cut in various shapes. They may be dipped in melted butter, toasted or fried. The slices may be covered with any of the following mixtures and served hot or cold.

**Anchovy.**—Cut bread in slices one inch thick, cut in circles, dip in melted butter, sprinkle with salt and cayenne, spread with anchovy paste and sprinkle with a few drops of lemon juice.

**Crabflake.**—From slices of bread, one-fourth inch thick, stamp out round or oval shapes. Spread with butter and brown in oven. When cold spread lightly with caviare. Chop fine one cup of crab flakes and mix with sauce Tartare. Spread this generously over caviare. To one-half cup of cream add seasoning of salt and pepper and whip till firm. Tint one-half red, the other green, then with small star tube make two stars each color on canapé. Serve very cold.

Mrs. Janet Allan.

**Caviare.**—Cut pieces of toast about two inches square and one-quarter of an inch thick. Spread over each piece about two teaspoons of ice cold Russian caviare. Put this on lettuce leaf. Place one teaspoon each of finely chopped onion and riced yolk of hard boiled egg, one-fourth piece of lemon, equal distance on the lettuce.

Mrs. Breed.

**Caviare.**—Cut toast in slices four inches long and two inches wide, spread with caviare paste, sprinkle with a few drops of lemon juice and paprika. Garnish with finely chopped green or red pepper.

**Cheese.**—Spread brown bread with French mustard, sprinkle with grated cheese and finely chopped olives.

**Sardine.**—Cut brown bread in circles, spread with butter and put in the oven. Pound sardines to a paste, add an equal amount of finely chopped, hard cooked eggs, season with lemon juice and Worcestershire sauce, spread on bread. Garnish each canapé in the center with a circle of hard cooked white of egg capped with a teaspoon of riced cooked yolk.

**Bacon.**—Cut bread in triangles one-fourth inch thick, fry in bacon fat. Spread with French mustard, cover with cooked bacon finely chopped, and sprinkle with finely chopped pimolas.

**Grape Fruit, To Prepare.**—Cut fruit in halves, crosswise; with a grape fruit knife make a cut separating pulp from skin around entire circumference. Then make cuts separating pulp from fibre which divides fruit into sections; the tough portion may then be removed in one piece by cutting with scissors at stem, or blossom, end close to the skin.

*For Luncheon.*—Put one tablespoon of sugar in each half of the grape fruit and three Maraschino cherries. Serve ice cold.

*For Breakfast.*—Prepare the same omitting the cherries.

**Grape Fruit Cocktail.**—To four tablespoons of grape fruit juice add one tablespoon of Maraschino and two teaspoons of sugar. Pour this onto a glassful of shaved ice, when well mixed put in cocktail glass adding to this fruit pulp from which every suspicion of fibre has been removed.

**Kumquat Cocktail.**—Use in proportion of four kumquats to one orange. Wash and slice the kumquats very thin and mix with the pulp of the oranges. Add sugar to taste and chill.

Miss Jean Hawkins.

**Chilled Fruit.**—Cut the pulp of four oranges in small pieces, take an equal amount of pineapple cut in the same way, add four tablespoons of powdered sugar, one of lemon juice, one of pineapple juice and two of chopped mint. Chill thoroughly and serve in sherbet glasses.

Mrs. Geske.

**Fruit Cocktails.**—Use as many different fruits as possible. To serve six persons peel and cut into dice, two oranges, one-half pineapple (canned may be used), two plums and two pears or any other fruits you may be using that will not discolor by standing. Put a cup of sugar over this and set in the icebox for several hours. At serving time, mix with two bananas and two peaches chilled and diced. A

few cubes of melon may be added, if in season, also seeded red and white grapes. Serve in cocktail glasses and heap cracked ice on top. If you are using a color scheme, tiny bows of the prevailing note may be tied around the stem of the glasses.

**Orange Baskets.**—Six oranges make twelve baskets. Use pulp of the oranges, one cup of cherries, one grape fruit, one banana, two tablespoons of Maraschino cherries, one tablespoon preserved strawberries and one tablespoon of powdered sugar. Prepare fruit and fill baskets.

**To Serve Cantaloupes.**—Cantaloupes should be placed on ice and thoroughly chilled, then cut in half and seeds removed, being careful not to scrape out the delicate pulp nearest the seeds, as this is the most spicy portion of the fruit. Place the halves on plates of cracked ice, reversing the usual order of serving ice in the hollow of the melon, as by this latter method the flavor is drawn out instead of preserved within the pulp.



## SOUPS

*The best results can not be obtained from the use of this book unless careful attention is given to the General Directions and Notes as well as to the Receipts themselves.*

**General Directions.**—The basis of all good soups is the broth from meat. Put the meat into cold water, in a closely covered vessel, allowing one and one-half pints for one pound of meat and bone, equal quantities of each. Do not let it boil for the first half hour; then boil slowly until the meat falls from the bones; hot water must be occasionally added, so that the finished product will measure one-half the original liquid. Strain through a colander into an earthen bowl or dish. Put in a cool place until desired for use. Then remove all the grease from the top. The stock should be jellied, and will keep for several days.

**Brown Stock.**—Half a shin of beef; cover it with cold water, and boil slowly five or six hours, salt it and strain. In the morning take off fat. Then add the vegetables and herbs used for seasoning, cooking all well together about one hour. Strain.

**White Stock for Soup.**—To four pounds of veal, lamb or chicken, put five quarts of cold water. This should be heated only moderately for the first half hour, after which place the pot on back of stove, allowing the soup to simmer for four or five hours or until the meat falls from the bones. Strain through colander into an earthen dish, add a little salt and set to cool; when cool remove fat. Mrs. Breed.

**Stocks from Cooked Meats.**—Take bones from cooked meats, put into a medium sized kettle and cover with four or five quarts of cold water and cook slowly all day. Any nice pieces of meat may be added that you happen to have. Frequently add boiling water as the stock cooks down, so when finished you will have about one quart and a half of stock. Strain through a colander into an earthen bowl or dish, put in cool place until desired for use, then remove all grease from top.

**Celery for Seasoning.**—If you wish celery flavor to use when celery is out of the market, preserve all the tops, dry in oven and put away in fruit jar. A few of these leaves tied in a cloth and dropped in soup will give even a finer flavor than the stalks.

**Bouquet of herbs.**—Four leaves of parsley, one of celery, one of thyme, one bay leaf, and two cloves; fold together and tie with a string.

**How to Clear Soup Stock.**—Remove fat from stock, and put quantity to be cleared in kettle, allowing the white and crushed shell of one egg to each quart of stock. Place on front of range, and stir constantly until boiling point is reached; boil two minutes. Set back where it may simmer twenty minutes; remove scum, and strain through double thickness of cheese cloth placed over a fine strainer.

**How to Thicken or Bind Soups.**—Cream soups or purées, if allowed to stand, separate unless bound together. Melt one tablespoon of butter and when bubbling add one tablespoon of flour, mix well, then stir in gradually a little of the hot soup and when smooth add it to the soup. Yolks of eggs are sometimes used to thicken cream soup. To the well beaten yolks of two eggs add two tablespoons of cold cream or milk, and to this a little of the hot mixture, then add it carefully to the hot soup, let all come to the boiling point, stir until the egg looks cooked. If soup *boils* after the egg is added it will curdle.

Arrowroot makes a very desirable thickening for clear soups.

**Bouillon.**—A knuckle of beef well cracked and a small veal bone; one-half each of a turnip, carrot and onion, a little celery. Cover the bones with water and let kettle stand where it will boil slowly all day, twelve hours if possible; the last three hours have the vegetables in. Salt, strain through a colander into a stone jar; in the morning remove all fat and clear according to directions.

Mrs. L. C. Wead.

**Bouillon.**—Place a fowl that has been half roasted in the soup kettle, with three pounds of lean beef, salt and pepper them and pour over three quarts of cold water. Then set it over a good fire. In about half an hour remove the scum, then add an ordinary sized carrot, one small leek, one stalk of celery, a little parsley, bay leaf, one onion and two cloves, clove of garlic, let it simmer for about five hours, then skim again; strain into an earthen bowl, where it can cool rapidly. When ready to serve, heat.

Mrs. J. R. Flanders.

**Consommé.**—Four pounds of the lower part of a round of beef, four pounds of the knuckle of veal, two tablespoons of butter, six quarts of cold water, one large onion, one-half a carrot, three stalks of celery, one tablespoon of salt, bouquet of herbs and a few spices. Cut the beef and veal into pieces, put one tablespoon of butter into

a very clean soup kettle with the pieces of meat, stir over a hot fire until the meat is browned but not burned. Then add one quart of water; cook until a glaze has formed on bottom of the kettle, say about one hour. Then add five quarts of cold water, let it come slowly to the boiling point, set back and simmer for six hours. Remove scum from time to time. One hour before serving, add vegetables which have been cut fine and browned in one teaspoon of butter. Add herbs and spices and one teaspoon of salt. When done strain through a fine cloth into a bowl and cool without covering. If the Consommé is not clear, put over the fire again, bring to the boiling point and add the white and crushed shell of one egg, mixed with a little cold water, boil two minutes, then stand on back of range to settle, then strain through two thicknesses of cheese cloth.

**Consommé Royal.**—Beat two eggs until well mixed, add three table-spoons of cold consommé or milk, dash of cayenne, one teaspoon salt and a grain of mace. Pour it into a small buttered tin. Stand in pan of hot water in a moderate oven until the custard is set. When cold cut this into dice, or fancy shapes, put into tureen and add the consommé.

**Tomato Bouillon.**—One can of tomatoes, four cups of water, one teaspoon of salt, two sprigs of parsley, two bay leaves, one-half an onion, dash of cayenne, one stalk of celery. Cook all together for ten minutes then add the beaten white and shell of an egg. Boil again for three minutes. Strain through cheese cloth. The above can be made with stock if you choose.

Mrs. Frank Haven.

**Rice Soup.**—To one quart of good stock add one-half cup of cooked rice; season and cook about fifteen minutes. Serve.

**Vermicelli Soup.**—Break up enough vermicelli to make one-fourth of a cup, boil twenty minutes. Then add it to one pint of well seasoned beef stock and cook fifteen minutes before serving.

**Barley Soup.**—To two quarts of good mutton broth add one-half cup of barley which has been soaked over night in water, one small carrot, and two slices of turnip diced. Boil slowly until vegetables are tender. Season with salt and pepper. Stir together two level teaspoons of butter and flour, add to this a little of the hot soup, then stir into the soup. Cook a few minutes and serve.

Mr. S. J. Flammagan.

**Macaroni Soup.**—One cup of macaroni, boil three-quarters of an hour. Then add it to one quart of well seasoned beef stock and cook ten minutes before serving.

**Vegetable Soup.**—Put four pounds shin of beef (equal parts meat and bone) in four quarts of cold water and bring slowly to the boiling point. Skim and simmer three hours. Then add two carrots, one turnip, a large onion and two potatoes all chopped fine, a large cup of chopped cabbage and a fourth cup of rice. Boil an hour or more. Half an hour before using season with salt and pepper. Stir frequently. If soup is too thick add boiling water and cook a little.

**Julienne Soup.**—To one quart clear brown stock add one-fourth cup each of cooked carrot and turnip cut in match-like pieces and two tablespoons each of cooked peas and string beans—beans cut in thin strips. Heat to boiling point and serve.

**Vegetable Tomato Soup.**—Two quarts of beef stock, one can or one quart of fresh cut tomatoes, one-half can or one-half pint of fresh peas, same quantity of string beans, cut in small pieces, and a small onion, cut fine. Cook all in stock one-half hour until tender, season with pepper and salt. Do not strain. Serve with squares of toast.

Mrs. Ralph.

**Hepburn Soup.**—Cut one pound of round steak in small pieces. Add one handful of beans, two small onions, one potato cut in pieces, one-half can of tomatoes and two quarts of cold water. Boil slowly about three hours. Season when partly cooked.

Miss Hattie Hepburn.

**Onion Soup.**—Slice three small onions. Cook slowly in a tablespoon of butter until tender, taking care not to brown them. Bring to boiling point a quart of Franco-American bouillon or any good bouillon to which has been added a teaspoon of Liebig's Beef Extract, add salt to taste. Skim the onions from the butter and add the butter to heated stock. Serve in soup tureen. Toast a thick slice of bread, sprinkle it with freshly grated Parmesan cheese and place it on top of the soup. Put the dish in the oven until the cheese is melted and brown. Add a liberal quantity of the grated cheese to each portion when serving.

Mrs. L. C. Wead.

**Onion Soup.**—Three onions chopped fine, two tablespoons butter, put on stove and cook slowly. When well cooked add one quart soup stock. Strain this into your cooking vessel, add one heaping tablespoon of Liebig's Beef Extract dissolved in one cup of boiling water.

Add salt and pepper to taste. When ready to serve place in the center of each plate a round piece of toast covered with Parmesan cheese.

Mrs. William C. Breed.

**Onion Soup in Petites Marmites.**—Toast bread and cut in round slices, sprinkle with Parmesan cheese and place two or three slices in the marmite. Pour the soup over the toast which will rise to the top, sprinkle over more cheese, put in oven to melt and serve immediately.

**Ox Tail Soup.**—Cut one ox tail in pieces, dredge with flour and fry brown in one tablespoon of butter. Add five cups of brown stock. Boil slowly one hour then add one-half cup each of diced turnips, carrot and celery, also a sliced onion. Season with salt and a few grains of cayenne. When vegetables are cooked take out ox tail, remove small bones, cut meat fine, return to kettle, add one teaspoon Worcestershire sauce and juice of half a lemon. Let boil up once and serve.

**Gumbo or Okra Soup.**—Put two or three slices of bacon in a deep kettle and fry. Remove bacon and add a sliced onion, cook until brown. Peel and cut up enough tomatoes to make two cups, also one pint of okra, sliced, one tablespoon of chopped red pepper. Place all in the kettle and add three pints of stock or chicken broth, cover and cook slowly one hour. Season about fifteen minutes before serving.

**Delmonico Soup.**—Take a soup bone weighing two pounds, wipe thoroughly, cut off the meat and crack the bones; cover with two quarts of cold water and put on the back part of the stove, where it will slowly heat; simmer three hours, take from the fire, strain and stand away to cool. The next day, when cold, remove the grease from the surface; put over fire with one potato sliced, one pint of tomatoes, one small onion, one stalk of celery, one bay leaf, five cloves, one teaspoon of salt and a very little red pepper. Let the stock cook until the vegetables are tender, then press through a sieve. When ready to serve add one tablespoon of Worcestershire sauce.

Table Talk.

**Chicken Soup.**—Clean and cut in pieces a three pound fowl, put in kettle and cover with two quarts of cold water, add a thick slice of onion, two stalks of celery, a bay leaf and a scant half cup of rice. Bring to the boiling point and let simmer till meat drops from the bones. Then remove meat, bones and vegetables and strain pressing through the rice. Let get cold and remove fat. Reheat, season with salt and pepper and add carefully a cup of cream in which are the

well-beaten yolks of one or two eggs. Do not boil after yolks are added. Rice may be omitted. The meat from the breast and second joints may be removed when tender and used for croquettes, etc.

Mrs. George Hawkins.

**Normandy Soup.**—Take three pounds of the knuckle of veal, cut the meat off and crack the bones. Put the bones and meat in the kettle, cover with three quarts of cold water and simmer gently for one hour. Add one pint of white button onions and simmer for another hour, add six ounces of bread cut in slices and simmer another hour. Take the bones from the kettle and press the stock, onions and bread through the sieve. Rub together one tablespoon of butter and one tablespoon of flour until smooth. Return the soup to the kettle, add the butter and flour to it and stir until it thickens. Scald one pint of cream, add to the soup, season to taste with salt and pepper and serve.

Table Talk.

**Bean Soup.**—To about three pounds of a well-broken joint of veal add four quarts of water, and let it boil one hour. To this add a scant pint of beans, which have been previously soaked over night and parboiled. Let cook slowly two hours. Season with pepper and salt. One-half hour before going to the table add a cup of sweet milk; bind with tablespoon each of flour and butter. Serve with crackers.

Mrs. Emma Hawkins.

The above soup may be made on the remnants of roast pork or with liquor in which ham has been boiled.

**Mock Turtle Soup.**—Cook all together for one hour the following: one pint of cold baked beans, one cup of tomatoes, one small onion, one stalk of celery, two sprigs of parsley, one blade of mace, three pints of water, red pepper and salt. Strain and serve.

Mr. C. W. Breed.

**Black Bean Soup.**—Soak one pint of black beans over night. In the morning pour off the water, and add three quarts of water, with any bones, either of beef or mutton. Boil slowly five or six hours. When half done add one-half teaspoon of cloves in a bag, and an onion, if liked. Skim carefully if it is to be used the same day. Strain it, mashing the beans slightly with a spoon. Lay slices of lemon and hard boiled egg in the tureen, and pour the soup upon them.

Mrs. Richardson.

**Turtle Bean Soup.**—One pint of turtle beans, soaked over night in cold water. Put them into one gallon of cold water, one-half pound



of salt pork, one pound of fresh beef or veal, four onions and two grated carrots. If it should boil too thick add boiling water. About fifteen minutes before dinner season the whole with salt, pepper and one dozen pounded cloves. Slice hard boiled eggs and put in tureen, pour the soup over them for the table. Serve a slice of lemon in each plate.

Mrs. John Hardy.

**Pea Soup.**—Use one quart of split peas, soaking them over night. Put over the fire at nine in the morning, in four quarts of cold water; add one finely chopped onion and a pound of salt pork. Boil four hours; strain and put back on the stove for one-half hour.

Mrs. Gillett.

**Purée of Split Peas.**—One cup of peas, three pints of cold water, one tablespoon of butter, one tablespoon of flour, one-half teaspoon of sugar, one teaspoon of salt, one salt spoon of white pepper. Soak peas over night, drain and add three pints cold water, simmer until cooked (always keeping three pints of liquid in the kettle). When soft then rub through a strainer and put on to boil again. Add either water, stock, milk or cream to make the consistency you wish. Cook butter and flour together and add to strained soup while boiling; add salt and pepper, and when it has simmered ten minutes serve at once with toasted dice of bread. It must always be strained, and thickened with flour and butter, or it will separate as it cools.

Mrs. John Lincoln.

**Lentil Purée.**—Prepare same as pea purée, using one cup of lentils instead of peas.

**Tomato Soup.**—Put into a sauce-pan one quart of stewed or can of tomatoes, one pint of stock, one bay leaf, one small onion, sprig of parsley, let all cook for fifteen minutes, press through a sieve to remove seeds, return to the sauce-pan and place on the range, rub a tablespoon of butter and two of flour together until smooth and stir into the soup when boiling. Stir constantly until smooth, add salt and pepper. Serve with croutons.

**Tomato Soup.**—One quart can of tomatoes, three pints of milk, a large tablespoon of flour, butter the size of an egg, pepper and salt to taste, a scant teaspoon of soda. Put the tomato on to stew and the milk in a double boiler to boil, reserving, however, half a cupful to mix with the flour. Mix the flour smoothly with this cold milk, stir into the boiling milk, and cook ten minutes. To the tomato add the soda, stir well and rub through a strainer that is fine enough

to keep back the seeds. Add butter, salt and pepper to the milk, and then the tomato. Serve immediately. A little whipped cream added when serving improves this. If half the rule is made stir the tomatoes well in the can before dividing, as the liquid portion is the more acid.

Mrs. H. E. King.

**Tomato Soup.**—Put one quart of milk in a double boiler. When hot add one teaspoon of corn starch wet with a little cold water, add salt and butter and cook long enough to cook the starch. Take one can of Campbell's tomato soup and put in another dish. When hot, add one-fourth teaspoon of soda: after it foams stir into the milk and serve.

Mrs. Frederick J. Seaver.

**Turkey or Chicken Soup.**—Boil a turkey or chicken carcass, dressing and all, for two hours, adding one onion. Take out and chop all the meat and return to the soup. Then add stalks of celery, cut fine, and thicken with two tablespoons of flour. Half an hour before serving, add one cup of cream or milk.

Mrs. Breed.

**Soup à la Reine.**—Place a kettle with one well cleaned chicken over the fire, cover with cold water; when it boils add one onion, one-half tablespoon salt and four sprigs of parsley tied together with two cloves and half bay leaf, cover and boil slowly till the chicken is tender, take out the chicken, remove the white meat from the breast and cut it in *small* pieces, set it aside with a little chicken broth to keep warm, strain the chicken broth through a napkin, free it from all fat and return it in the sauce-pan to the fire. Melt two ounces butter, add two ounces flour, stir and cook three minutes without browning, then add slowly three pints of chicken broth, stir and boil five minutes; if necessary add salt, mix the yolks of two eggs with half pint cream and add it to the soup, stir for a few minutes, taking care not to let it boil, put the chicken meat in the tureen, pour over the soup and serve.

**Squash Soup.**—To one quart of milk add a slice of onion and let it cook about five minutes. Add three-fourths of a cup of sifted squash, one teaspoon of salt, a little pepper and one-fourth teaspoon of celery salt. Rub together two tablespoons of butter and three of flour and add to the milk. Stir until smooth.

Mrs. Carrigan.

**Turkish Soup.**—Bring to the boiling point one quart of good stock (white preferable). Add to it one teaspoon of onion juice, blade of mace, one bay leaf and a little parsley. Stand over a moderate fire fifteen minutes. Then strain and add two-thirds of a pint of milk,



salt and pepper to taste. When ready to serve take kettle from the fire and add quickly the yolks of two eggs, beaten with two tablespoons of cream. Serve immediately with cheese croutons.

Mrs. George Hawkins.

**Potato Soup.**—Cook four large white potatoes and two onions in one quart of water till tender, then rub through a fine strainer. Put two cups of sweet milk in a double boiler, rub together thoroughly one tablespoon each of flour and butter and add to the milk, also the potatoes and water, and cook about twenty minutes. Just before serving add one cup of cream, one teaspoon of chopped parsley, salt and cayenne to taste.

Mrs. William C. Breed.

**Corn Soup.**—One pint of grated corn, one quart of milk, one pint of hot water, one even tablespoon of flour, two tablespoons of butter, one slice of onion, salt and pepper to taste. Cook the corn in the water thirty minutes. Let the milk and onion come to a boil. Mix the butter and flour together, add a few tablespoons of the boiling milk, when smooth stir into the milk and cook eight minutes, remove the onion, strain corn and add to the above. After cooking a little add one cup of sweet cream, and when thoroughly heated, a small piece of butter, and serve. A few kernels of pop corn may be dropped on top of each serving of soup.

Mrs. H. E. King.

**Corn Bisque.**—Take one can of corn, place on back of stove, let cook slowly for three or four hours, then strain through a colander. To the liquid add one pint of milk, and thicken as desired (about one tablespoon of flour). Just before serving, add one cup of sweet cream which has been heated, and butter size of a walnut. Salt to taste. Serve when hot. Makes enough for six or eight bouillon cups.

Mrs. S. T. Carpenter.

**Cream of Green Pea Soup.**—To one pint of hot water add one can of peas, cook thirty minutes. Slice one-half onion in one quart of milk and boil ten minutes. Rub one even tablespoon of flour, two and one-half tablespoons of butter together, add to this a few tablespoons of the boiling milk, when smooth stir into the milk and cook eight minutes. Then add this to the pea mixture and strain through wire sieve, return to the boiler, salt, add one cup of sweet cream, when heated color green with fruit paste mixed with two tablespoons of the hot soup, strain through fine sieve for serving.

Mrs. William C. Breed.

**Cream of Celery Soup.**—To one pint of white stock add a small onion, large cup of celery cut in small pieces, cook until soft enough to strain through a sieve, after which return to the kettle; add one pint of milk; thicken to the consistency of cream, using about one tablespoon of flour. Just before serving add one pint of cream and a piece of butter the size of a walnut. Mrs. Breed.

**Chestnut Soup.**—Peel one pint of chestnuts, put in boiling water ten minutes to blanch and remove skins. Put nuts in one quart of white stock and boil gently till nuts are soft. Press through sieve, season and add a cup of cream. Serve with cheese crackers.

**Asparagus Soup.**—Wash and break off tips from a bunch of asparagus, cut remainder into small pieces. Put in three cups of cold water and cook till tender. Put through purée sieve. Scald slice of onion in two cups of milk, remove onion, add asparagus, stir together two tablespoons each of flour and butter. Add a little hot liquid, stir smooth and add to mixture, season with pepper, bring to boiling point. Put in tips previously cooked and one cup of cream. Serve.

**Cream of Spinach.**—Cook two quarts of spinach, chop fine and put through purée sieve. Scald in one pint of milk one tablespoon of chopped onion and small bay leaf. Bind with one tablespoon of flour and two of butter, strain, add spinach, season with salt and pepper and add one-half cup of cream.

**Cream of Salsify.**—Cook salsify with two slices of onion till tender, drain and press through a strainer. To a cup of pulp add a cup each of cream and milk. Blend a tablespoon of flour and one of butter and add carefully to the mixture. Let boil a few minutes and season to taste.

**Swiss Rice Soup.**—Wash thoroughly one-half cup of rice, put in a kettle with two quarts of boiling water, add one tablespoon of chopped onion, a tiny bit of mace, a sprig of parsley and a scant teaspoon of salt, and boil slowly until the rice is pulpy. Rub through a sieve and reheat to the boiling point. Add one tablespoon of flour blended with a little cold milk; stir until thickened. Add pepper to taste, more salt, if needed, and simmer for five minutes. Beat two eggs, add one-half a cup of good cream. Draw the kettle to the side of the fire and pour this in slowly, stirring well; sprinkle in two tablespoons of grated Swiss cheese and take immediately from the fire. As served, drop a pinch of *chopped* parsley over each plateful.

Table Talk.

**Mushroom Soup.**—Cook two pounds of veal with three quarts of water till meat is in bits; takes six to seven hours. Strain. If there is more than two cups of stock, boil down to that and take off all fat. Best made the day before or early in the morning. Melt two even tablespoons of butter, stir in two even tablespoons of flour and cook to a light brown, add one can of mushrooms chopped fine and a little of their juice. Add the veal stock and let it cook up a little. Heat one pint of milk or cream and add. Just before serving add one tablespoon of Worcestershire sauce. Pepper and salt to taste.

Mrs. James Breed.

**Swedish Fruit Soup.**—Put two tablespoons of sago in three pints of cold water and boil five minutes. Add one-half gill of seeded raisins and one-half of sultanas, boil until soft. Then add the juice of one lemon and one orange, a dozen stewed prunes stoned and cut in two. Sweeten to taste. In place of prunes, apricots, bananas, Malaga grapes or any other fruit can be used. The Malaga grapes should be seeded and boiled with the raisins and sultanas until tender. Serve in cups. The Swedes often use this cold as a dessert.

Miss Ester Henry.

**Cream of Lobster.**—Run one cup each of lobster meat and cooked rice through meat chopper, dilute with chicken broth to right consistency. Bring to the boiling point, season with salt and paprika and serve with croutons.

**Oyster Soup.**—Put one quart of oysters in a colander to drain, then pour over them one pint of cold water and drain it into the liquor. Put the liquor into the sauce-pan and when it boils skim it. Add one pint of milk or cream. Add oysters to the soup with one tablespoon of butter, salt and pepper to taste. Let all come to a boil and serve.

**Oyster Bisque.**—Strain the liquor from a quart of oysters into a porcelain sauce-pan and set over the fire. Chop the oysters fine, season the liquor with paprika and salt, stir in the chopped oysters, bring to a boil and skim well and rub through a sieve. Heat one cup of milk in a second sauce-pan, into this put a heaping tablespoon of butter rolled in a small tablespoon of flour, also a cup of finely powdered crackers. Boil a moment, add the oysters and serve.

**Clam Bisque.**—Make as oyster bisque, adding one cup of stock to the liquor and cook chopped clams about fifteen minutes. When seasoning care must be taken in adding the salt.

**Fish Chowder.**—Three pounds of fresh fish, cod or haddock. Skin the fish, remove the flesh and cut in small pieces. Cut one-fourth pound (scant) of salt pork into small bits, put it in the kettle and fry out all fat, being careful not to burn. Have ready one quart of sliced potatoes and one onion. Remove pork from kettle and put in a layer of fish, potatoes and onion, sprinkle over a little salt, pepper and flour; add another layer of fish and continue till fish and potatoes are used. Pour over a scant pint of water, cover and cook till potatoes are tender. Add six crackers to one pint of hot milk, then stir into chowder. Taste and if not seasoned enough add more seasoning. Boil five minutes and serve.

**Clam Chowder.**—One solid quart of clams, one-fourth pound of salt pork (scant), one small onion, one quart of sliced potatoes, one tablespoon of salt, three cups of milk, one-fourth cup of butter, pepper, ten or twelve hard water crackers, one-third cup of flour, if desired.

Add a cup of cold water to the clams, pick over carefully, to remove bits of shell, strain the water and clam liquor through two folds of cheesecloth and in it scald the clams; strain out the clams and keep hot. Cut the pork into bits and cook out the fat slowly, to avoid discoloring; in this sauté the sliced onion without browning. Add the flour to the fat and onion, cook until frothy, then gradually add the clam liquor and, when the mixture boils, strain it over the potatoes that have been parboiled for five minutes. Add the salt and pepper, and cook until the potatoes are tender, adding no more water than is necessary. When ready to serve add the scalded milk (part cream is better), the clams and the crackers split and spread with butter, and the rest of the butter. Many kinds of crackers need to be soaked in cold milk before they are added to the chowder.

Miss Jessie D. Child, Teacher of Cooking. New York City.

**Corn Chowder.**—Eight ears of corn or one can, one quart of sliced potatoes, one onion sliced, one-fourth pound, scant, of salt pork, one pint of milk, six crackers, two tablespoons of butter and seasoning. Prepare like any chowder, cooking until potatoes are tender.

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**Croutons.**—Butter stale bread and cut it into small cubes. Toast in the oven to a delicate brown or fry with butter in a frying pan.

**Shredded Nuts.**—Shred walnuts, Brazilian nuts, peanuts or almonds on an almond grater. Add a tablespoon to each serving of soup. The nuts give richness and flavor.

**Noodles.**—Beat two eggs, add little salt and stir in flour to make a dough that can be kneaded without sticking. Then roll into a sheet as thin as paper. Cover with a napkin and let remain about one-half hour. Then roll into a roll and with a sharp knife cut into threads or ribbons about a quarter of an inch. Toss them up lightly to separate and let dry about one-half hour before cooking. When thoroughly dry put in jar for future use.

The ribbons or broad noodles may be used like macaroni.

For soup cook the thread noodles ten minutes in rapidly boiling salted water and add to soup. Or, they may be cooked in the soup.

**Noodle Balls.**—Fold the dough over in three thicknesses and cut into small circles with a thimble. Separate circles and cook in hot fat. Serve with soup separately.

**Noodle Wafers.**—Cut the dough with knife or pastry iron in small diamond shapes. Drop into hot lard, turn as soon as they come to the top. Remove carefully, turn upside down to drain and sprinkle lightly with fine salt. Serve with soup or salads.

Mrs. George Hawkins.

## FISH

**Baked Trout.**—Dry fish thoroughly, inside and out. Sprinkle inside with pepper and salt, and put in a half cup of butter. Score the fish in sections and insert small strips of salt pork; put in dripping pan, on a rack, and bake twelve minutes to the pound or until the flesh cleaves from the bones, basting frequently. Just before taking from the oven pour over the fish a coffee cup of sweet cream. Let brown and if necessary thicken with a little flour for gravy.

Mrs. George Hawkins.

**Stuffed Lake Trout.**—Clean the fish and prepare a dressing of bread crumbs, butter, salt, pepper, a little milk, to moisten, and fill the fish. Bake about one hour.

Miss W. Childs.

**Baked Bass.**—Bass or any firm fleshed fish of moderate size may be used for baking. Scrape free from all scales, wash thoroughly inside and out and wipe dry. Make a dressing of bread crumbs moistened with one tablespoon of melted butter to each cup of crumbs, one tablespoon of parsley chopped fine, a small teaspoon of chopped onion, or few drops of onion juice, one-half teaspoon salt, a little pepper, mix well, stuff the fish and sew with soft cotton. Score the sides of the fish with a sharp knife about an inch apart and put a strip of salt pork in each gash. Place in a dripping pan, on greased tin sheet or rack, sprinkle with salt and pepper, brush over with melted butter, and dredge with flour. Cover bottom of pan with boiling water and add bits of butter; bake fifteen minutes to every pound of fish in a hot oven basting every ten minutes with the gravy in the pan. As it evaporates replenish with more boiling water. When done slide the fish from sheet to serving dish, garnish with slices of lemon and parsley. Serve with Hollandaise sauce.

Mrs. W. H. King.

Blue fish, shad and white fish may be baked like bass and served with Tartare, Hollandaise, Drawn Butter or Egg Sauce.

**Oyster Stuffing.**—One half cup each of cracker and bread crumbs, one-fourth cup of melted butter, two teaspoons of lemon juice, one-half teaspoon of salt, a little pepper, one-half tablespoon of chopped parsley and one cup of oysters. Add seasonings and butter to crumbs, clean oysters and remove tough muscles, mix them with the crumbs and moisten with oyster liquor.

Mrs. George Hawkins.



**Fish Dressing.**—One cupful of stale bread crumbs, moisten with a little cold water, add a small onion chopped very fine, or the juice. One teaspoon of finely chopped thyme, savory, parsley, salt and pepper to taste, mix with one egg. Mrs. W. S. Lawrence.

**Baked Halibut.**—Place a slice of halibut in dripping pan and put over it bits of butter, salt, pepper and cracker crumbs; then lay on this a second slice of halibut and put over butter, pepper, salt and crumbs. Strips of pork may be placed on the top of the fish and a little less butter. Baste frequently with the drippings and bake about one hour or until well cooked. Mary Goodman McGillic.

**Halibut à la Flamande.**—Have steaks two inches thick cut from the halibut, cover the bottom of a baking pan with one tablespoon each of butter in small bits, onion and parsley chopped fine, one-half teaspoon of salt and a few dashes of pepper. Lay the steak on this. Beat the yolk of one egg light, brush it over the top of the fish and cover with one tablespoon each of onion and parsley chopped fine, one tablespoon of butter, one-half teaspoon of salt and a little pepper. Pour over each steak one teaspoon of lemon juice. Bake forty minutes. Garnish with lemon and parsley. Serve with Hollandaise sauce.

Mrs. Sarah Robb Taylor.

**Baked Halibut.**—Take a slice of halibut a generous inch thick, wash and dry. Slice an onion and put in a baking pan on which lay the fish. Peel and slice three or four tomatoes and put over fish, also a shredded green pepper. Dot generously with butter. Add enough salted boiling water to keep fish from scorching—a half cup. Bake until done. Remove fish, thicken the liquor with little flour rubbed in teaspoon of butter, strain and serve with fish. Miss Esther H. Taylor.

**Smoked Halibut.**—Pour boiling water over the fish and let stand ten minutes. Dry well and broil. Spread with butter.

**Baked Salt Mackerel.**—Soak in a pan of water over night, flesh side down. Bake in dripping pan with half a pint of water one-half hour. Just before serving place on a hot platter and add one small cup of sweet cream heated and a little butter. Mrs. McClary.

Fish fillets are the flesh of vertebrate fish separated from the bones and cut into pieces.

**Fillets of Flounder.**—Cut two large flounders into eight fillets, dip them into melted butter, sprinkle with salt, pepper and lemon juice.

Roll them, beginning at the broad end, and fasten with a wooden toothpick. Roll in egg and crumbs and fry about eight minutes, drain, remove the skewer carefully, garnish with parsley and serve with sauce Tartare.

**Broiled Fish.**—Clean and wipe fish as dry as possible and place on a greased broiler flesh side down over clear coals but not so hot as for beef steak. Cook until flesh will separate from bones. To remove from broiler, loosen fish on one side, turn and loosen on other side. Place on hot platter, add butter and serve.

**Broiled Halibut.**—Season the slices with salt and pepper, and lay them in melted butter for half an hour, having them well covered on both sides. Roll in flour and broil from twenty to thirty minutes over a clear fire. Serve on a hot dish, garnishing with parsley and slices of lemon. The slices of halibut should be about an inch thick and for every pound there should be three tablespoons of butter.

Miss Parloa.

**Broiled Spanish Mackerel.**—Wash and wipe fish and place on greased broiler and let broil about fifteen minutes, mostly on flesh side, turning every minute or two. The fire should not be too hot as strong heat hardens the fibres quickly. If the fish is a thick one, hold at greater distance from fire till flesh is cooked, then hold nearer to brown. Remove to hot platter and serve with Hollandaise sauce.

**Broiled Salt Mackerel.**—Soak the fish in a large pan of cold water, flesh side down, for eighteen hours; change the water. When ready to cook, wipe dry and lay on a greased broiler, broil with flesh side down, over a clear fire, then turn and broil the skin side. Be careful as this side burns quickly. When cooked place on hot platter and spread with butter or serve with Maitre d'Hotel Butter.

**Broiled Salt Cod Fish.**—Take large pieces of fish, soak over night in plenty of luke warm water. In the morning dry in a towel and broil on a well greased broiler until nicely browned. When on the platter add butter and pepper.

**Broiled Finnan Haddie.**—Plunge fish into boiling water and let it remain five minutes, then dry thoroughly on a cloth. Broil over a clear fire, flesh side down at first, turning occasionally to keep from burning; the skin side needs only to brown, the flesh side needs the cooking. When done put on hot platter with a little butter, or one tablespoon of melted butter and a teaspoon of lemon juice. Or, take



the fish from boiling water, remove skin, put fish in baking pan, pour over a cup of rich milk, dot with butter and cook in oven one-half hour, being careful not to let the milk burn. Mrs. George Hawkins.

**Planked Shad.**—Planks are made for this purpose one inch thick and of various sizes. A new plank should be seasoned by brushing the upper side with butter, then place in a moderate oven until it has soaked into the wood; this should be repeated several times. Split a shad weighing about three pounds from which head and tail have been taken, wash and dry with napkin, place on an oiled and heated plank skin side down and fasten with tin tacks which come for that purpose. Cook in hot oven about twenty minutes, basting frequently with butter. Remove from oven and pipe hot mashed potatoes around the edge of the plank, brush over the potato border with beaten yolk of egg mixed with two tablespoons of milk and set plank in oven to brown potato and finish cooking of fish. Season with salt, pepper and spread with some creamed butter. Set small bunches of asparagus (one for each service) on the fish close to the potatoes; stuffed tomatoes, celery and cress may be used. Put plank in holder and serve with Hollandaise sauce.

Stuffed peppers, string beans and peas may be used as a garnish. Cucumber salad is good with the shad. Fish is more often broiled and then placed on plank.

**Broiled Shad Roe.**—Wash and dry the roe with care not to break the skin, place it on a well-greased broiler and rub it with butter once or twice during the time of broiling; cook to a nice brown, place it on a hot dish and cover with a Maitre d'Hotel Butter. Can be baked or cooked in a sauté pan. Mrs. Belding.

**Creamed Roe.**—Cook roe in water just below boiling point, add to it teaspoon of salt, tablespoon of vinegar and two slices of onion. Simmer twenty minutes. Remove roe and cut in tiny cubes. Make a cream sauce allowing a heaping cup of roe to cup of sauce, add a teaspoon of lemon juice and the roe.

**Court Bouillon.**—Court bouillon is used for boiling fish which are without much flavor. It may be prepared beforehand and kept like stock.

Fry in tablespoon of butter a chopped carrot, a chopped onion and a stalk of celery. Then add two quarts of water, a cup of vinegar, three pepper corns, three cloves, a bay leaf and teaspoon of salt. Let boil and skim.

**Boiled Haddock.**—Wash and clean fish, place on a fish rack or tie in piece of cheesecloth, put in kettle and cover with warm court bouillon or warm water in which is a generous teaspoon of salt and tablespoon of vinegar to every two quarts of water. Bring to the boiling point and let simmer till the flesh separates from the bones—about ten minutes to each pound. When cooked drain well, remove to hot platter, garnish with parsley or cress and serve with Hollandaise sauce. Potato balls may be served on the dish with the fish.

Mrs. Janet Allan.

**Boiled Salmon.**—The middle slice of salmon is the best. Sew up neatly in cheesecloth, boil a quarter of an hour to the pound in hot salted water, with lemon juice or vinegar. When done, unwrap with care, lay upon a hot platter, taking care not to break it. Have ready a large cupful of drawn butter, very rich, in which has been stirred a tablespoon of minced parsley and the juice of a lemon. Pour half upon the salmon and serve the rest in a boat. Garnish with parsley and sliced eggs, or slices of lemon.

Mrs. Belding.

**Boiled Salt Salmon.**—Soak the salmon in tepid water about twenty-four hours, changing water two or three times. Then drain and place in a kettle with boiling water and cook slowly about thirty minutes; then drain, place on a hot platter and pour over a drawn butter gravy. Garnish with sliced hard-boiled eggs.

Mrs. McClary.

**Adirondack Trout.**—Catch'em; remove inwards; pack in fine salt to slime—two ounces to each pound of fish; let them remain in the slime twelve hours; then clean thoroughly and pack in broken ice and swamp moss; keep in a cool place till used. To fry, put a piece of butter size of an egg or salt pork fat in a pan; heat as hot as possible without burning; drain them and lay in pan; cook on one side; *remove pan from fire*; turn the trout, replace the pan and fry crisp to taste. Serve à la woods.

Mr. Martin E. McClary.

**Brook Trout, Fried.**—Wash, wipe and roll in meal or flour; drop into a frying pan of hot butter; fry to a nice brown. After removing the fish, pour a cup of cream into the frying pan, adding a little pepper and salt; boil a minute or two and pour over the trout.

Mrs. Gillett.

**Smelts.**—Clean fish well. After wiping dry, roll in corn meal into which a little salt has been mixed. Partly fry slices of salt pork in a spider, then put in smelts with the pork and cook.

Mrs. Arthur E. McClary.

**To Fry Frozen Fish.**—Four slices of salt pork fried, take pork from pan and into the fat shake salt; season fish and dust with flour, put into the salted fat and fry. In this way the fish will not fall to pieces.

Mrs. Bush.

**Codfish Cakes.**—Shred the fish, cover with water and soak over night. In morning put on to boil. At same time put on potatoes to boil, when the potatoes are done, drain. Use one-third potatoes, mash the potatoes with a fork so as to keep them light, add a little butter, pepper and salt, stir in the fish. Have thoroughly beaten the whites of two or three eggs (according to quantity of fish) and stir lightly through the fish and potatoes. Have fat very hot, and with a big spoon and fork take up a spoonful and drop it into the hot fat. Do not mash the fish a particle but as lightly as you can take it up and drop it in the fat. Drain in oven a few minutes and serve.

Mrs. Charles Foster.

**Codfish Balls.**—One coffee cup of boiled codfish, picked very fine; add two cups of mashed potatoes, one egg, three tablespoons of cream, and butter size of an egg; salt and pepper to taste. Beat all together until very light; make into balls, roll in flour and fry in butter. Enough for five persons.

Nellie O'Connell.

**Codfish Balls.**—One quart of potatoes, pared and sliced; one pint of codfish, finely shredded; two eggs, one tablespoon of butter. Boil potatoes and codfish together, drain, mash and add the beaten eggs and butter. Beat all together until very light. Shape in balls and fry like doughnuts.

Mrs. Chipperfield.

Note.—One-half teaspoon of mustard improves fish cakes.

**Codfish and Potatoes.**—Prepare the fish as for fish balls, only not as fine; put in a baking dish, with alternate layers of cold boiled potatoes sliced and seasoned with butter and pepper. Pour over all two cups of sweet cream or cream sauce. Bake one-half hour.

Mrs. Pease.

**Cod Fish Creamed.**—Put fish in warm water for an hour or till softened. Shred finely and put a coffee cup of fish in a sauce pan with a cup of rich milk or milk and cream. Let come to a boil and thicken with a tablespoon of flour dissolved in one-fourth cup of milk. Just before taking from the fire stir in a generous tablespoon of butter, one egg or two yolks well beaten. Season with pepper and garnish with hard boiled eggs.

Mrs. George Hawkins.

**Fish Cakes.**—To each pint of hot potatoes put through ricer, add two tablespoons of butter, one well beaten egg, one pint of cooked flaked fish, season with salt and pepper, beat well and shape and fry.

**Finnan Haddie Balls.**—Pare and cut in pieces enough potatoes to make a generous pint. Put in boiling water and when half boiled place with potatoes a generous cup of finnan haddie freed of bones and picked fine. When potatoes are done drain in colander. Put back in sauce-pan, season with salt and pepper, add one egg beaten light and small piece of butter. Beat all together thoroughly, shape into balls and fry in deep fat.

**Creamed Finnan Haddie.**—To each cup of fish cut in small pieces, allow one and a half cups of milk, or milk and cream, two tablespoons of butter, one of flour and little pepper; mix flour with butter; cook till smooth, add the milk and when hot, the fish, cook a few minutes and serve.

**Creamed Finnan Haddie.**—Melt a tablespoon of butter in a sauce-pan, add two cups of flaked fish and a dash of paprika, stir and turn over until the butter is absorbed, then add thin cream to just cover fish. When hot stir in the beaten yolks of two or three eggs mixed with scant half cup of cream.

**Scalloped Fish.**—Take cooked fresh fish; put alternate layers of fish and cream sauce in a baking dish. Cover with fine cracker crumbs and pieces of butter. Bake one-half hour.

**Tunny Fish Savory.**—Blend two tablespoons each of butter and flour in a sauce-pan over the fire, add one pint of milk and stir till smooth. Cut fine a small green pepper and a small can of pimentos; add to the above and cook three minutes stirring all the time. Then put in a can of tunny fish, season with salt. When hot serve on squares of toast.

**Salmon Loaf.**—One can of salmon, pick out bones, and skin, two eggs beaten light, half a cup of cracker crumbs, two tablespoons of butter, pepper and salt to taste, and parsley; rub all to a paste, pack into mould and steam one hour and a half. Put loaf on a platter and garnish with a can of peas drained from all liquor, heated and seasoned with butter, pepper and salt. Pour over the peas one cup of hot white sauce and serve.

Mrs. John MacFarlane.

**Salmon Loaf.**—One small can of salmon, one cup of cracker crumbs; mix salmon with crumbs. Make a sauce of one-half tablespoon of butter, one-half tablespoon of flour, add one cup equal milk and cream,

flavor with a little grated onion, celery salt, paprika and salt. Cook until smooth. Mix with salmon and crumbs. Form into a loaf, roll loaf in one beaten egg, then in cracker crumbs. Bake three-quarters of an hour in moderate oven. Serve with tomato sauce.

Mrs. C. L. Capron.

**Salmon Wiggle.**—One and one-half cups of milk, four tablespoons of butter, three tablespoons of flour, one cup salmon picked apart with fork, one cup green peas, pepper and salt to taste. Make a sauce of the milk, butter and flour. When it thickens add salmon, stir in peas which have been previously warmed. Serve hot.

Mrs. Sadie Thompson Sisson.

**Shrimp Wiggle.**—A piece of butter size of an egg, one onion, one cup tomatoes. Let cook together half hour or little longer. Add to this one cup of cooked rice, one cup of cream and one cup of shrimps. Serve on crackers.

Mrs. Frank Haven.

**Deviled Scallops.**—Put one quart of scallops in sauce-pan, bring to boiling point in their own liquor, drain and chop fine, saving liquor. Put three tablespoons of butter in a bowl, beat to a cream, add scant teaspoon of made mustard, one teaspoon of salt, dash of cayenne, and beat well. Now add one cup of hot stock. Stir scallops and then liquor into this sauce and let stand one-half hour. Put in baking dish or shells. Sprinkle with crumbs and dot with butter and bake in a moderate oven twenty minutes.

Miss Parloa.

**Scallops Fried in Batter.**—Make a batter of one pint of flour, two eggs, one tablespoon of salad oil, one teaspoon of salt, nearly one-half pint of milk. Beat eggs light, add milk, then pour the mixture upon the flour. Beat hard for two or three minutes. Then add salt and oil. Drain and dry one quart of scallops, season with salt and pepper. Drop into the batter and then drop spoonfuls of scallops and batter into boiling lard. Cook for three minutes, drain and serve at once.

Miss Parloa.

**Scallops Fried.**—Roll in Indian meal and fry in butter, or salt pork fat if preferred; fry to a delicate brown.

**Deviled Crabs.**—Take twenty-five live crabs steamed about twenty minutes; pick them out carefully, bodies first, then the claws. Take four hard boiled eggs, mash fine, mix them with crab meat, fork them together. Make a cream sauce in double boiler, of two cups of milk, two tablespoons of butter and two of flour. Then add crab meat and

eggs, one tablespoon of Worcestershire sauce, about one-third of a nutmeg grated, a little cayenne pepper, salt to taste. Take fifteen shells and wash carefully, then fill shells and cover with white dried bread crumbs, put a little butter on each and brown in the oven.

Mrs. Frank Haven.

**Japanese Crabmeat.**—Put one can crabmeat in saucepan, with melted butter, one teaspoonful chopped celery, a level teaspoon of flour, one-half cup of cream, salt and pepper to taste. Simmer until reduced to suitable consistency for spreading on thin slices of toast. Garnish with a few slices of olives on each slice.

Mr. Frank E. Davis.

**Maryland Crabmeat.**—Make a rich cream sauce, add one cup crabmeat, two hard boiled eggs chopped fine, season with salt and pepper, and when ready to serve add two tablespoonfuls Worcestershire sauce. Serve with or on toast.

Mr. Frank E. Davis.

**Creamed Oysters.**—Put butter size of an English walnut into a sauce-pan, add a little parsley, celery, onion, mace, nutmeg, and a small piece of bay leaf. Let simmer, but not brown. Sprinkle in two table-spoons of flour, cook, stirring constantly. Pour in strained juice of one and one-half pints of oysters (hot), cook slowly for one-half hour. Then add one-half cup of thick cream, heated. Run through a sieve. If not thick enough add a little more flour wet with milk. Season with red pepper and salt, juice of one-half lemon. Cook oysters in sauce until plump and hot.

Mrs. S. A. Beman.

**Fricassee Oysters.**—Put in a sauce-pan one quart of oysters with their liquor, boil a little, then put in a colander, shake well until thoroughly dry, then put back in the sauce-pan with a cup of sweet cream, a little butter, a little white pepper and salt; put a tablespoon of flour into the cream to thicken. Serve on toast.

Mrs. Belding.

**Scalloped Oysters.**—Butter a dish that is about three inches deep; put in a layer of cracker and bread crumbs; then a layer of oysters free from their liquor; then bits of butter; sprinkle with pepper and salt; do this until you have used a quart of oysters; over the whole pour a teacup of sweet cream, and bake three-quarters of an hour. Individual dishes can be used.

Mrs. Anna Parmelee Channell.

**Bread for Scalloped Dishes.**—From one-fourth to one-third of a cupful of melted butter should be allowed for a cupful of crumbs. Stir with a fork, that the crumbs may be evenly coated and light rather than compact.



**Fried Oysters.**—Take with great care from the liquor as many oysters as you wish to fry; lay flat on a soft napkin; press another lightly over to absorb all liquor; beat several eggs in bowl; roll fresh, crisp oyster crackers to fine powder; melt enough butter to cover bottom of pan one-eighth inch deep; dip each oyster in flour, then in eggs, and roll in cracker, until completely incrusting; place carefully in pan, and fry quickly to nice brown; turn oysters so as not to break crusting. Serve on hot plates.

Mr. T. W. Miller.

**Fried Oysters.**—Clean and dry between napkins selected oysters. Season with salt and pepper and dip in flour. When ready to fry, egg and crumb them, place five or six in frying basket, cook in deep fat and drain on brown paper.

Mrs. Sarah Robb Taylor.

**Stewed Oysters.**—One quart of milk, one quart of water; salt and pepper to taste; six crackers rolled fine and cooked in the milk and water twenty minutes; then add three pints of oysters and a half a cup of butter, and let it come to a boil.

Mrs. Frederick J. Seaver.

**Broiled Oysters with Brown Sauce.**—Drain the oysters and wipe dry with a cloth. Boil the liquor, skim, and set one side. Put one tablespoon butter in a pan and brown. Add two tablespoons of flour and brown. Add liquor and stir until it boils. Season with salt, red pepper, and Kitchen Bouquet if liked. Broil the oysters on gridiron or hot pan with a little butter. To broil nicely they must be *very dry*. After the oysters are cooked they can be taken out and kept hot and the sauce made in the same pan. Serve on toast with sauce poured over them.

Mrs. L. C. Wead.

**Filling for Oyster Patties.**—Take cream sauce (see Sauces) using cream, when hot add oysters, if too large cut them, let cook until edges curl and fill patty shells.

Mrs S. T. Carpenter.

**Little Pigs in Blankets.**—Take as many large oysters as are wished and dry them with a towel. Have some fat bacon cut in very thin slices, cover each oyster with them and pin on with wooden toothpicks. Broil or roast them until the bacon is crisp and brown. Do not remove toothpicks. Serve hot.

**Fried Frog's Legs.**—Wash the legs in cold water and skin and let them drain in a colander; then season well with salt, pepper and lemon juice. Dip them into beaten egg then crumbs, place in frying basket and cook for five minutes. Serve very hot with Tartare sauce.



**Broiled Sardines on Toast.**—Select twelve good-sized, fine, and firm sardines; arrange them in a double broiler, and broil for two minutes on each side over a very brisk fire. Have ready six small slices of buttered toast and place two sardines on each slice. Garnish with lemon.

**Baked Clams.**—Wash and sort clams being careful to discard all that are not alive and in good condition. Have stones well heated and cover with a piece of wire netting on which place the clams, covering same with seaweed if obtainable, if not, use freshly cut *long grass*: cover whole thoroughly with canvas and brush to prevent escape of steam. Serve with melted butter in individual dishes. If hot water is placed in dishes the butter will keep hot longer and will be more easily used.  
Mr. T. T. Butterick.

**To Boil Lobsters.**—In a kettle of water put one large cup of salt. When boiling hard put in lobsters. This will stop the boiling temporarily. Keep the lobsters in twenty minutes after water begins to boil. After taking out crack the tails and large claws and serve hot with drawn butter sauce.  
Mrs. Arthur E. McClary.

**Broiled Live Lobsters.**—Take a long sharp knife and cut lobster open from head to tail; place on broiler over red hot fire and keep turning. Cook from fifteen to twenty minutes. Serve with drawn butter or other sauce.  
Mrs. Arthur E. McClary.

**Lobster à la Rushmore.**—Cook a small onion and four mushroom stocks chopped fine, in a tablespoon of butter. Add the meat of a two-pound lobster cut in cubes or about two cups of lobster meat, a cup of hot tomato sauce, salt and pepper to taste; let stand over hot water until thoroughly heated, then turn into the clean lobster shell or a baking dish. Into the top of the mixture press four mushroom caps, which have been peeled and fried five minutes in butter; pour a little tomato sauce over these and set in the oven about ten minutes.

## MEATS AND POULTRY

**Roast Beef.**—Place meat on a rack which will raise it a little above the bottom of the pan. Put in the pan a half teaspoon of salt, a quarter of a teaspoon of pepper and two tablespoons of water. Place in a very hot oven for fifteen or twenty minutes until meat is browned; then lower the temperature of the oven and cook more slowly until done; baste frequently. Allow fifteen minutes to the pound.

Mrs. Belding.

**Roast Beef and Other Gravies.**—After the roast is removed from the roasting pan remove most of the fat and add two tablespoons of sifted flour, stirring carefully, then add a little pepper, salt and one pint of boiling water. Let it come to a boil, strain and serve in a gravy boat.

Mrs. McClary.

**Yorkshire Pudding.**—Beat three eggs very light. Add one scant teaspoon of salt and one pint of milk. Pour one-half cup of this mixture over two-thirds cup of flour and stir to a smooth paste. Add remainder and beat well. Bake in hot gem pans forty-five minutes. When roast is on platter garnish with pudding.

Mrs. L. C. Wead.

**Yorkshire Pudding.**—One pint of milk; one teaspoon of salt; two cups of flour sifted with one teaspoon baking powder; four eggs, beaten thoroughly; mix all together quickly—eggs, milk and salt, then flour—pour off fat from the gravy in the pan, and then pour in the pudding. Continue the roasting, letting the drippings fall on the pudding; baste the meat with gravy taken from the pan. From half an hour to fifty minutes will bake the pudding. Cut the pudding in small squares and serve about the beef, or separately if preferred.

Mrs. C. L. Hubbard.

**Yorkshire Pudding.**—Pour the batter into a shallow pan containing a tablespoon of drippings from the roast, have the batter about an inch thick and bake about thirty minutes, basting, after it has risen, with fat from the pan in which beef is roasting. Cut in squares and place around the beef.

Mrs. Richardson.

**Fillet of Beef.**—The tenderloin of beef which lies under the loin and rump is called fillet of beef. Wash fillet, skewer in shape, and lard. Place on a rack in small pan, sprinkle with salt and pepper, dredge

with flour, and put in bottom of pan small pieces of pork. Bake twenty to thirty minutes in hot oven, basting three times. Serve with mushroom or horseradish sauce.

**Cold Roast Beef à la Shapleigh.**—Six tablespoons of oil, two of tarragon vinegar, one tablespoon each of chopped onion and parsley, one-half of chopped red pepper, one teaspoon of salt, one half teaspoon each of paprika, dry mustard and pepper. Place all in a pint can, put on rubber and cover; shake well a few minutes before using. Cut thin slices from cold roast beef, arrange on platter, garnish with cress or parsley and pour over the dressing.

Mrs. Ambrose.

**Roast Steak.**—Have two pounds of good tender steak. Have ready a dressing of bread crumbs; spread this on the steak and roll; tie firmly. Place in a pan with a little water. Have the oven hot, and bake an hour, basting occasionally. Sprinkle on salt and pepper just before it is done.

Mrs. Gillard.

**Savory Roast of Beef.**—A thick round steak, onions, bacon, flour, salt and pepper. Put the steak in a short handled frying pan, spread a layer of sliced onions over it, dredge with salt, pepper, flour, and over this lay thin slices of bacon. Put in a hot oven for twenty minutes, being careful not to let the bacon burn. Then add enough boiling water to cover the beef, cover the pan loosely and cook slowly for three hours, adding a little water from time to time. When the steak is done lift onto a warm platter, thicken the gravy with a tablespoon of flour mixed with water, season with salt and pour over the meat.

Mrs. Fred J. Doolittle.

**To Broil Beefsteak.**—A perfect steak should be from one and one-half to two inches thick. Trim it a good shape, heat the broiler very hot, greasing with a piece of the fat. Lay outside edge towards the handle so that the fat may run on the meat. Place it close to the hot coals and count ten slowly, turn it and do the same, to sear the outside and keep the juices in, then hold it farther from the coals, turning very frequently. Broil from eight to fifteen minutes according to the thickness of the steak. A steak should be rare, but not raw, should have a uniform red color and be full of juice. Put on hot platter, sprinkle with salt and pepper, and spread with butter. It is excellent with tomato or mushroom sauce poured over the steak.

Mrs. Belding.

**Broiled Fillets of Beef.**—Cut slices about inch and a half thick from fillet of beef. Shape in circles. Put on greased broiler and cook over

hot coals from four to six minutes, turning every ten seconds. Remove to hot platter, dot with butter, season, and serve with brown mushroom sauce.

Pan broiling is cooking meat in a hot frying pan without grease. Put meat in pan, turn when seared and turn every few seconds, then occasionally, as in broiling.

**Planked Sirloin Steak.**—Have steak about one and a quarter inches thick. Remove flank. Put on greased broiler and cook about eight minutes, turning several times. Have a plank hot and well oiled on which place the steak and pipe hot mashed potatoes around edge of plank, add four or five small onions between the steak and potatoes. Brush the edges of the potato and the tops of onions with the yolk of one egg beaten with two tablespoons of milk and set plank in hot oven, turning if necessary to brown potato. This will finish cooking the steak. After taking from oven, season with salt, pepper and butter and fill in rest of space with hot cooked flowerets of cauliflower, peas, carrots and string beans placed separately in groups. Remove plank to its frame and serve at once with brown tomato sauce in which are mushrooms.

The following vegetables may be used with planked steak; asparagus, onions, string beans, peas, carrots, Brussels sprouts, beets and mushrooms. Stuffed tomatoes or green peppers are especially good, also Swedish timbale cases filled with creamed peas. All vegetables must be cooked and seasoned, kept hot ready to garnish steak.

**Blanketed Steak.**—Broil a sirloin steak for about eight minutes then remove to a hot plank and quickly cover with oysters which have been rinsed and dried thoroughly. Season slightly with salt, sprinkle over fine cracker crumbs and dot well with butter. Put the plank in a hot oven and bake till the oysters are plump. Remove to plank holder and serve.

Mrs. George Hawkins.

**Flank Steak.**—Score the steak on both sides diagonally. Spread with highly seasoned bread dressing, roll up tightly, tie and braise with vegetables in a covered pan or casserole.

**Swiss Steak.**—Take round steak about two inches thick. Pound in as much flour on both sides as it will take. Melt two tablespoons of butter in a spider, put in steak and brown on both sides. Then cover with hot water, teaspoon of salt and simmer covered about two hours. Remove meat and thicken gravy.

**Hamburg Steak.** Soak two thick slices of bread in milk. Take one small onion and chop fine and fry in butter to a light brown color. Mix the above thoroughly with one pound of Hamburg steak. When well mixed form into small round cakes and fry until cooked through.

Mrs. Lois Lawrence House.

**Hamburg Steak.**—Chop one pound of lean raw meat very fine, remove all the fiber possible. To the meat add one-half tablespoon of onion juice, if desired, one-half teaspoon of salt, one-fourth teaspoon of pepper, dash of nutmeg, one egg. Form into small balls and flatten, or shape into steak, good inch and a half thick. Broil same as beef-steak or bake in oven. Serve with Maitre d'Hotel sauce. Beechnut bacon, broiled, may be served over this.

**Gravy for Steak.**—Remove the steak, when done, from the broiler and place in the oven in a deep-dish, or the cover of the broiler; add pepper and salt on both sides of the steak and spread over a liberal amount of butter; leave the steak in this dish two or three minutes and then place on a hot platter and serve at once. This way draws out the juice of the meat and seasons the gravy.

**Smothered Beef and Onions.**—Take a good-sized steak (round is the best) and six onions; remove bone from steak; chop onions fine; and season with pepper and salt; place on steak, and roll; fasten firmly; put in frying pan with a little water; cover closely, and steam about fifteen minutes; then put a good-sized piece of butter in the pan, and cover again; steam till done, having just enough water in pan to keep from burning.

Mrs. Ralph.

**Beef à la Mode.**—Take from six to eight pounds of the round of beef, free from bone; one-fourth pound of salt pork; cut the pork into one-fourth inch strips, pepper, and draw through the beef with a larding needle; place in a kettle one-third full of boiling water—keeping the beef from the bottom of the kettle by placing on a wire rack or frame. Then cut fine two or three carrots, one large onion, and put over the beef; keep enough water in the kettle to steam the meat; care should be used not to burn. Cook three to four hours, keeping the kettle closely covered; when done remove the beef, leaving carrots and onions in liquor, which thicken for gravy. Mrs. Ralph.

**Pot Roast.**—Brown four or five pounds of beef from the rump or round on all sides in a hot frying pan (using some of the suet or pork fat). Remove meat to kettle, add a pint of water to the pan in which the meat was browned to retain the browned juices from the meat

and pour over the meat. Cover closely, cook slowly two hours or more, then season with salt and pepper and cook till tender. When cooked take meat from kettle and thicken the gravy with a little flour.

**Potted Beef.**—Take a large beef shank, and put into enough cold water to cover it. Boil till very tender—till all the bones and cartilage can be easily removed. Chop the meat fine, and replace in the pot with the liquor, which should be about one quart. Let it simmer gently; season with salt, pepper and a little sage or summer savory if you wish. Pour into mold and press, and when cold cut into slices.

Mrs. Gilbert.

**Cannellon of Beef.**—Three pounds of beef and one-half pound of salt pork chopped raw. One cup of cracker crumbs, two eggs, one cup of sweet milk, a piece of butter size of a walnut, one onion, three table-spoons of Worcestershire sauce. Salt, pepper to taste. Mix well. Form in loaf and bake in bread tin one and one-half hours. Serve hot with a brown sauce, and afterwards use cold.

Mrs. L. C. Wead.

**Meat Loaf.**—One pound of beef, one pound of fresh pork, each ground at butcher's if desired, one good sized onion chopped, one cup of milk, one egg, one and a half teaspoons of salt, one small pepper. Form into loaf, put into tin and bake in moderate oven one and one-half hours.

Mrs. Annie Lincoln Kellogg.

**Roulades of Beef.**—Cut thin large slices of cold roast beef and put a teaspoon of highly seasoned moistened bread crumbs on each slice. Fold over and fasten with a wooden toothpick. Lay in a baking pan and put in the oven with a cup of hot water and tablespoon of melted butter in which half a teaspoon of Kitchen Bouquet has been mixed. Baste frequently. When brown serve with the gravy in which put a half cup of chopped olives.

Mrs. R. N. Porter.

**Shepherd's Pie.**—One cup of finely chopped meat, seasoned with butter, pepper, salt and two tablespoons of Chili sauce. Put in a baking dish and cover with one cup of hot mashed potato (reheated) seasoned with salt and butter, a little milk or cream to soften, and two eggs well beaten before adding to the potato; mix well and spread over the meat. Brush over the potato with the yolk of an egg diluted with a little milk. Bake a light brown and serve at once.

Mrs. W. H. King.

**Irish Stew and Dumplings.**—Take the remnants of a roast of beef; pare four potatoes and slice one-half inch thick; one or two onions cut



fine; one-third cup of rice, if desired. Place meat over fire in three quarts of cold water, two hours before dinner, onions and rice one hour, potatoes twenty minutes. Season with pepper and salt. Add dumplings fifteen minutes before serving. For the dumplings use one pint of flour, two rounded teaspoons of baking powder, salt, and sweet milk for a stiff batter. Drop by spoonfuls into the boiling stew fifteen minutes before serving. Do not raise the cover or let the stew cease to boil after they are added. Mrs. Ford.

**Packing and Brine for Corning Beef.**—For one hundred pounds of beef, take four quarts of salt, one and one-half ounces saltpetre, one and one-half ounces soda, four pounds sugar. Rub this together and then rub on the beef; pack very tightly and solidly; this makes the brine. For small families use small package, that each layer may be as small as possible, as taking away part of a layer drains the brine from the remainder of the layer. Adding water takes away the peculiar excellence and tenderness of the beef. Mr. George Hawkins.

**Brine for Corned Beef.**—One quart of rock salt, one cup of sugar, saltpetre size of a walnut. Dissolve all in enough boiling water to cover the pieces of beef. Let it cool, then pour over beef, put plate over to keep it down. Rump roast of beef is best for corning.

Miss Carrie Bishop.

**To Boil Corned Beef.**—Wash the meat well, place over the fire in enough cold water to cover deeply, carefully remove the scum as it rises to the surface of the water, boil slowly, allowing thirty minutes for each pound. If the meat is to be served cold allow it to cool in the liquor in which it was boiled. If for a hot dinner boil with it cabbage, turnip, carrots and potatoes, allowing an hour and a half for the cabbage, one hour for turnip and carrots and twenty minutes for the potatoes to cook. The beets should be cooked about two or three hours separate from the rest, peeled and sliced while hot. Place meat on platter when ready to serve with vegetables around it. A drawn butter sauce can be served with a boiled dinner.

**Corned Beef Hash.**—To one heaping measure of meat chopped fine, allow two measures of chopped potato; season with pepper; put in frying pan and moisten with milk or cream; when hot add a generous piece of butter and mix. It may now be put in a baking dish and cooked in a quick oven until brown or left in the frying pan and cooked fifteen minutes, stirring occasionally. Mrs. James Sawyer.



**Hash Balls.**—Prepare hash as above, form into small, round cakes about an inch thick; dip in egg, roll in bread crumbs and fry like croquettes. Serve with tomato sauce.

**Meat Puffs.**—Chop meat that has been previously cooked; season well with pepper, salt and butter; moisten with a little stock or water. Make nice puff paste; roll thin; cut into round cakes; fill with meat and bake. Serve warm.

Miss Amelia Greeno.

**Cream Dried Beef.**—Tear the slices into small bits, put them in a sauce-pan on the stove and pour over quite a good deal of hot water. Put cover on and let boil slowly about an hour, take off cover and let simmer down until there is just a little water left in sauce-pan. Then add the cream thickened with a little flour. Cook a minute longer. Milk may be used in the place of cream, but this would require a little butter added.

Mrs. H. D. Thompson.

**Frizzled Beef.**—Remove white strings and skin from dried beef and tear in pieces. Pour hot water over a cup of beef and let stand five or ten minutes. Drain, dry and put with a tablespoon of butter in a sauce-pan. Stir till beef is hot and frizzled and serve. For a change, when the butter is melted, dredge over the beef a small tablespoon of flour, stir and add carefully a cup of cream or cream and milk. Stir till thickened and cooked. Pour over toast. Omit hot water if the beef is not too salt.

**Beef's Tongue.**—Boil a fresh tongue in salted water one and one-half hours. Before putting it in the water, trim it carefully and skewer into good shape. When it is boiled remove the skin. If it is to be used cold, replace the skewer, put it again in the water in which it was boiled and let it remain until cold. If used hot, pour over it a white or a piquante sauce; garnish with parsley. Spinach is a good vegetable to serve with tongue.

Mrs. Belding.

**Tongue Braised with Tomatoes.**—Boil a fresh beef tongue slowly for two hours. Remove skin and roots. Brown two tablespoons of butter, add two tablespoons of flour and brown. Pour on slowly one pint of stock (or water in which tongue was boiled) and one pint of stewed and strained tomatoes and add one-half carrot, one onion cut fine, sprig of parsley, one-half tablespoon of Worcestershire sauce, one teaspoon of salt and one saltspoon of pepper. Bake in braising pan two hours, take out, strain gravy round the meat and serve.

Mrs. Janet Allan.

**Roast Veal.**—The loin of veal is excellent as a roast, but as the meat is apt to be dry it is best to cover the upper side with thin slices of salt pork, fastening them in place with wooden toothpicks. Allow eighteen minutes to each pound and have a medium hot oven, basting frequently. If a dressing is desired place it in the loin, fold over the flap and fasten with skewers or tie with string. Make a brown gravy from the meat drippings. Serve with Cranberry Sauce. Mrs. McClary.

**Veal Pot Pie and Raised Dumplings.**—Take three pounds of veal; put in hot water, enough to cover; cook slowly about three hours, or till tender; renew water as it boils away. It is well to plan for this the day you are baking bread. Take of raised dough for dumpling as you would for biscuit; when light steam one hour in steamer. Cook the potatoes with the meat for half an hour. Put meat, potatoes and dumplings on a platter and pour over gravy. For gravy take some of the water in which the meat is cooked, thicken with flour wet in cold water. Season with butter, pepper and salt. Mrs. C. L. Hubbard.

**Light Dumplings.**—Slice one potato about one inch thick, have just enough water to boil, over the potato. One pint of flour, two teaspoons of cream tartar, one of soda, rub in a teaspoon of butter, one large cup of milk and a little salt. Place dumplings on pieces of potato, cover tightly and cook about twenty minutes.

Ida Mitchell.

**Veal Stew, English.** Three pounds of shoulder of veal, cut into four-inch pieces, stew with a large onion, sliced, and a piece of salt lean and fat pork. When nearly done add salt and pepper, thicken gravy, adding a small can of button mushrooms, after which stew fifteen minutes. A little chopped parsley is an improvement.

Mrs. W. S. Lawrence.

Frying is cooking food in hot fat deep enough to cover food.

Sautéing is cooking food in a frying pan in a small amount of fat.

**Breaded Veal Cutlets.**—Cover cutlets with boiling water, cover and simmer till tender and all water evaporates. Then cut meat in pieces for serving and roll in egg and salted crumbs and fry.

**Veal Cutlets.**—Take cutlets and partly cook, then dip in a beaten egg and roll in bread crumbs. Fry brown in lard and butter. When cooked, remove, and put a little water in the pan, thicken with teaspoon of flour, season with butter, pepper and salt, pour over cutlets and serve.

Miss Amelia Greeno.

**Veal à la Sweetbreads.**—Cut veal steaks *very thin*, then into pieces suitable for serving. Pound until very tender—dip into egg, then into bread crumbs. Have plenty of butter hot in frying pan and cook to a golden brown. Take meat from the pan and put in one-half cupful of cream, let boil one minute and pour over veal.

Mrs. Sadie Littlejohn Siewers.

**Veal Loaf.**—Three and one-half pounds of veal chopped fine, with one slice of fat pork, two crackers, rolled fine, two eggs, a piece of butter size of an egg, one tablespoon of salt, one-half teaspoon of pepper, one nutmeg and three tablespoons of cream. Work all together in form of a loaf; put bits of butter on top, and cracker crumbs; put in baking tin and bake two or three hours, basting often with butter and water.

Mrs. Baker Stevens.

**Blanquette of Veal.**—One and one-half cups of cold veal cut in small pieces and one-half cup of finely chopped cooked ham. Put a coffee cup of cream in a sauce-pan; when hot thicken with tablespoon of flour dissolved in cold milk, then add meat, grating of nutmeg, teaspoon of lemon juice and salt and pepper to taste. Add the beaten yolk of one egg in a little cream. Stir well, pour on hot platter and garnish with hard boiled egg and points of lemon. Or put a border of potato rosettes on platter, heat in oven and pour meat in the center.

Mrs. George Hawkins.

**Jellied Veal.**—Have a knuckle of veal well broken, wipe clean with damp cloth, add two quarts of hot water and cook slowly till the meat falls from the bones. Remove the bones, cut meat fine, strain liquor, season with pepper and salt, return meat to liquor and heat, then put in a mould; the liquor should be reduced to a pint. The mould may be garnished with cold boiled egg before the meat is added.

**Veal Birds.**—Cut a slice of veal in pieces about half as large as your hand and with a hammer pound out quite thin. Then prepare stuffing as follows: Put scraps of veal and a square inch of salt pork for each bird through the food chopper, mix with about half the amount of bread crumbs, a beaten egg, salt, pepper and a little onion. Put a spoonful of stuffing on each piece of meat, roll and fasten with three or four toothpicks. Brown with butter in a frying pan, pour over a cup of cream, cover and let simmer for at least twenty minutes or until the veal is tender. Serve with toothpicks in and cream poured over.

Mrs. Florence Miller Main.

**Veal Balls.**—Chop cold veal fine, add half as much bread crumbs and a little butter, stir in two eggs, season, make into balls and fry in butter.  
Mrs. Mary Sabin Short.

**Boiled Mutton.**—The leg or shoulder are the pieces usually boiled. Wash clean and if the leg is used cut a small piece off the shank bone and trim the knuckle. Put it into a pot with boiling water enough to cover. Place over fire and boil gently from two to three hours, skimming well. Season with salt when half cooked. Serve with caper sauce. See Sauces.

The broth makes a good tomato or barley soup.

**Ragout of Mutton.**—For six persons. Three pounds of mutton, a carrot, a turnip, two tablespoons of chopped onion, one quart of potatoes, measured after being pared, and cut into one-half inch cubes; three tablespoons each of flour and butter, three pints of boiling water, salt and pepper to season. Cut most of the fat off, and then cut meat in small pieces. Season and roll in flour. Put butter in a kettle and all the vegetables (except potatoes), cut fine. Cook slowly five minutes, then add meat. Stir over a hot fire until a golden brown. Pour on the water and cook slowly one and one-half hours. Add potatoes and cook one-half hour longer.  
Mrs. Chipperfield.

**Curry of Mutton.**—Peel small onion, cut in slices and fry light brown in one tablespoon of butter, add tablespoon of flour, teaspoon curry, stir well, add gradually one pint of stock or water, then add one pint of cold mutton cut in small slices. Heat thoroughly and serve in a rice border.

**Roast Lamb.**—Put salt and pepper on the meat and with a flour dredge sprinkle on a little flour. Place in the dripping pan without water. If there is not enough fat to baste it, when thoroughly heated throw on a cup of boiling water in which has been placed a little butter. Baste frequently. Serve with mint sauce.

Mrs. Gillett.

**Crown of Lamb with Peas.**—In cooking it care must be taken that it is thoroughly done. With the length of the ribs on both sides a crown roast may be prepared which is very effective in appearance. Stand the two pieces with the bone side outwards and draw them round together to a circle, tying or skewering them. Cover the ends of the bones with greased paper or a flour and water paste so that they will not char, then roast in a quick oven. In serving fill with nicely cooked peas.  
Mrs. Breed.

**Lamb Chops.**—Select rib chops from the hind quarter; scrape the bone clean thus making French chops. Put chops on a rack in a pan and place in oven. Cook in hot oven about one-half hour, turn once or twice, salt and pepper when nearly cooked. When ready to serve put a piece of butter on each chop and decorate with frills.

**Roast Pork.**—Wipe pork, sprinkle with salt and pepper and place on a rack in dripping pan. Bake in a moderate oven three or four hours basting often with the following: Two tablespoons of sugar, three or four tablespoons of vinegar, according to the strength of the vinegar, and a pint of water. Have the roast in a covered pan and baste frequently.  
Miss Morrow.

**Pork Chops.**—Rub hot frying pan with butter or fat pork. Put in chops and brown on one side, turn, brown the other side, then cover and cook about twenty minutes. Uncover, season and fry five minutes longer. Serve with apple sauce. If desired make a gravy by stirring into the fat in the pan two tablespoons of flour; when well blended add one pint of milk and let boil a moment. Season and serve. May be cooked in oven.

**Fried Salt Pork and Milk Gravy.**—Cut slices very thin, put into frying pan in hot water for a few minutes, take out on a plate and let drip. Dip in flour and shake off. Put back into the *dry* pan and fry until crisp. Mix a part of the fat with milk and thicken for gravy. Season to taste.

**Smithfield Ham.**—These hams can be bought at the large city groceries. Wash, and soak the ham two days. Cover with cold water and boil two hours; change the water. Cover again with boiling water and simmer gently, fifteen minutes to every pound. A ham of nine pounds boils four and one-half hours; then bake in the oven one-half hour basting with vinegar and sugar, one-half cup of each. Oven must be hot. Skin while the ham is hot, before baking.

Mrs. L. C. Wead.

**Broiled Ham.**—Take thin slices of ham, less than one-quarter of an inch thick, and trim off the outer edge. If the ham is too salt lay it in cold water for one hour before cooking, then wipe with a dry cloth. Broil over a brisk fire turning the slices constantly—about five minutes is required. Place on a warm platter with a little butter and a sprinkle of pepper on the top of each slice. Cold boiled ham is very nice for broiling.  
Mrs. McClary.

**Boiled Ham.**—Cover with cold water and boil slowly. A ham weighing twelve pounds will require five hours. If you wish to serve it hot, skin and sprinkle with a little sugar, sticking in cloves. Then bake in the oven thirty minutes. If to be served cold, do not remove it from the water until cold.

**To Bake a Ham.**—Put in a kettle a ten-pound ham and cover well with cold water. Boil three hours, then take out of water, remove the rind and sprinkle the top with sugar, stick cloves over it and bake one hour.

Mrs. L. Whitney.

**To Fry Ham and Eggs.**—Put slices of ham into a hot pan, fry until done, then remove and drop eggs in pan. If necessary add a small bit of lard to fry the eggs, frequently covering them with the hot fat. If the ham is too salt lay it in water before frying; place on back of stove and let it remain awhile.

**Ham Baked in Milk.**—Take a slice of ham one inch thick, cover with milk and bake in a moderate oven three hours. If needed during the baking add more milk.

Mrs. Arthur E. McClary.

**Baked Ham.**—Cut ham one and one-half inches thick, cut rind off leaving on all fat. One tablespoon of sugar, two of vinegar, teaspoon of mustard; mix well together and spread over ham. Put just enough water in bottom of dish to keep from burning. cook in covered dish or casserole one and one-half hours.

Mrs. C. L. Capron.

**Bacon.**—Place thin slices of bacon in a fine wire broiler; place broiler over dripping pan and bake in a hot oven until bacon is crisp and brown, turning once. Drain on brown paper and serve. Fat which has dripped into the pan may be poured out and used for frying liver, eggs, potatoes, etc.

**Liver and Bacon.**—Slice liver and let it remain in cold water one hour, take out and dry. Fry thin slices of bacon crisp, remove bacon, put the liver in the pan and fry carefully and thoroughly. Remove liver to platter, arrange bacon around the liver and garnish with parsley.

**Braised Liver.**—Lard a calf's liver, place it in a dripping pan with two cups of stock or water, six pepper corns, bay leaf, two cloves, one-fourth cup each of carrot, onion and celery cut in dice, dredge with flour. Put in the pan any ends of pork used in larding. Cover



closely and cook for two hours uncovering the last twenty minutes. Remove from pan, strain liquor and make a gravy. Garnish and serve with Frenched onions.  
Mrs. Ernest Putnam.

**Kidney Stew.**—Cut kidneys in small squares and soak in cold water one-half hour. Brown one tablespoon of flour in beef drippings or suet; when well browned put in the kidneys with two bay leaves, two cloves, one teaspoon of vinegar, salt and pepper. Cover and cook, adding a little hot water at intervals to keep from burning. Cook until tender. Kidneys must be cooked a short time, or for several hours; they are tender after a few minutes' cooking, but soon toughen, and need long cooking to again make them tender.

**Tripe.**—Select the pickled honey comb tripe and cut into convenient pieces for serving; place in boiling water and let it remain ten minutes, then drain thoroughly and roll the pieces in a heavy cloth to press out the water. Fry several thin slices of salt pork and cook the tripe in this fat after each piece has been dipped into an egg batter. One and one-half pounds is sufficient for six persons. For this amount make the batter as follows: Two eggs well beaten, one-fourth cup of milk and one-half cup of flour. If preferred the tripe can be prepared the same way, but placed in a wire basket and fried in hot lard instead of the pork fat.  
Mrs. McClary.

**Tripe.**—If tripe has been pickled cover it with hot water and stand for a little time. Drain and wipe dry. Then put into a frying pan with plenty of butter and cover. Brown on one side, then turn and brown on the other.

**Sausage.**—Thirty pounds of meat, one-third fat and two-thirds lean, thirty level teaspoons salt, eighteen of sage, six of allspice, six of pepper, four of cloves. Mix all thoroughly and pack in bags.  
Mrs. M. K. Wead.

**Sausage.**—For each pound of lean fresh pork use one-half pound of fat pork. Grind with a meat grinder. Season with two teaspoons of sage, finely sifted, one level teaspoon of salt and one-fourth teaspoon of pepper for each pound of the meat. Mix thoroughly and test by frying a small piece. Add more of the seasoning if desired. Pack in muslin bags five inches wide and twelve inches long, or make into small cakes.  
Mrs. McClary.

**Sausage.**—Prick the skins, cover with boiling water and let simmer ten minutes. Pour off the water and cook in the oven till well browned.



**Sausage Meat.**—Shape in round cakes, put in a hot pan and sauté till well cooked and brown. Serve with tomato sauce.

**Head Cheese.**—To one pig's head add one heart, one-half of a liver and one tongue. Clean the head nicely, put all in a brine for twenty-four hours then boil until very tender, remove bones from head and chop all fine, then add salt, pepper, two small onions, a little sage, mix very thoroughly, put in a colander, set over a kettle of hot water over night. In the morning form it as cheese. Mrs. Willard.

**Souse.**—Take lean neck pieces of pig, also legs, chopping off feet, soak in cold water until blood is extracted, scrape thoroughly until white and clean. Put in kettle with water to cover, boil tender till all bones and cartilage can be removed. Put meat in a colander and pick up fine, be sure to take out all *small* bones. Season with salt, pepper and sage. Put weights on and let stand until it is thoroughly drained and cold. Mrs. F. W. Lawrence.

**Venison.**—Cover the roast with thin slices of salt pork, held in place with skewers or strings. Place in pan in a hot oven and roast fifteen minutes to every pound, basting frequently at first with melted butter and then with its own drippings. When half done season with salt and pepper. Serve with currant jelly.

**To Draw and Truss a Fowl.**—Remove pin-feathers; singe with burning alcohol or lighted paper. Slit the skin the full length of the neck at the back and carefully loosen it from the neck and crop. Cut off the neck about an inch from the body and remove the crop and windpipe being careful not to tear the skin of the fowl. Insert a sharp pointed knife in front of and close to the tail and cut through the skin around the vent and outside entrail. Lift up the skin below the breast-bone of fowl an inch wide above the vent. Cut cross-wise two inches and make an opening large enough to insert two fingers with which carefully draw out the entire contents of the body. Separate the heart, liver and gizzard from the entrails. Remove the gall sack carefully from the liver and open and empty the gizzard. To remove the tendons from drum-sticks cut carefully through the skin of the leg just above joint, this will expose the tendons which can be picked up with a skewer or trussing needle. Run the skewer under the tendon, grasp it with two spread fingers and draw out the tendon. Dissolve a teaspoon of soda in two quarts of water and with a brush or cloth wash thoroughly the skin of the fowl. Rinse the inside of the fowl, wash giblets, rinse all in cold water and wipe fowl dry

with a soft towel. Use any stuffing desired. Place a little at the opening of the neck, the rest in the body and sew up the opening. Draw the skin of the neck smoothly down and under the back, press the wings close against the body and fold the pinions under, crossing the back and holding down the skin of the neck. Press the legs close to the body and slip them under the skin as much as possible. Thread the trussing needle with white twine using it double. Press the needle through the wings by the middle joint, pass it through the skin of the neck and back, and out again at the middle joint of the other wing. Return the needle through the bend of the leg at the second joint, through the body and out at the same point on the other side; draw the cord tight, and tie it with the end at the wing joint. Thread the needle again and run it through the legs and body at the thigh bone, and back at the ends of the drumsticks. Draw the drumstick bones close together, covering the opening made for drawing the fowl, and tie the ends. Mr. C. W. Breed.

**To Roast a Turkey.**—For a ten-pound turkey, singe, draw, wash, and dry the turkey. Prepare a dressing of sifted bread crumbs. Season well with salt, pepper, and sage, moisten with melted butter. Stuff the turkey and rub a little salt on outside. Put in a dripping pan with a cup of water and roast from three to four hours basting frequently. Mrs. Belding.

**Roast Chicken.**—Prepare and roast as turkey. May be garnished with small cooked sausages.

**Giblet Gravy.**—Cook giblets till tender and chop fine. Add a tablespoon of flour to the pan in which the turkey was roasted. Let brown stirring slowly. Add a cup of water in which the giblets were boiled. Season with salt and pepper, strain and add the chopped giblets.

**Turkey Dressing.**—Cut one-half loaf of baker's bread in two and take out inside of bread with fork; add butter size of an egg, melted, and pinch of salt. Mix well till bread is moistened with butter and add one teaspoon of Bell's poultry seasoning. For a large turkey use double this amount. Rub the inside of turkey with salt before placing the dressing. Mrs. John King.

**Dressing for Fowl and Meat.**—One quart of dry bread crumbs; season with salt, pepper, sage and a generous supply of butter. Add one well beaten egg, or yolks of two; moisten with cold water. Two quarts of bread crumbs are required for a ten-pound turkey. When

the dressing is used for roast veal, or pork, place near the meat, one hour before the meat is done. The bread can be crumbled through a vegetable grinder.

Mrs. McClary.

**Oyster Dressing.**—Four cups of cracker or bread crumbs, one pint of oysters washed and freed from shells and cut in pieces, level tablespoon of salt, level teaspoon of pepper, one-fourth cup of butter and one tablespoon of chopped celery. Mix all together.

**Chestnut Dressing.**—Cut a gash in shells of one quart of chestnuts and put in spider with tablespoon of melted butter, shake well and put in oven about ten minutes. Then remove shells and skins together and cook until tender in boiling salted water. Drain and pass through a ricer. Add one-fourth cup of butter, teaspoon of salt, one-fourth of pepper, a pint of bread crumbs moistened with one-fourth cup of butter and seasonings of thyme, onion or lemon juice.

**Roast Goose.**—Wash the goose in soap suds to open pores and cut the oil; rinse carefully in several waters and stuff with either of the two following dressings: First, four apples, one onion, one-fourth pound of bread, chopped; add one-half ounce of butter; sage, pepper and salt to taste. Second, take equal parts of mashed potatoes and onions which have been slightly parboiled and chopped. Mix together, season with salt, pepper and butter. Put the goose in a steamer and steam until tender, pricking often with a fork to let out the oil. Then put in a dripping pan and roast until done, basting often.

Mrs. L. C. Wead.

**Roast Duck.**—Prepare the same as turkey using goose or turkey dressing. Roast in a quick oven from one hour to one hour and a half. Baste frequently. When the duck is half cooked prick three or four sour oranges with a fork, sprinkle each generously with sugar and bake till tender. Cut in halves crosswise and serve around the duck.

**Fricasseed Chicken.**—Joint the chicken and place over the fire with sufficient water to cover. Boil until tender, then pour out any water remaining and brown chicken in the pot; add milk and cream, as much as required for gravy. Season with butter, pepper and salt; thicken with flour. Place the chicken on slices of toast and pour over it the gravy.

Mrs. Parmelee.

**Fricasseed Chicken.**—Take a spring chicken; cut at the joints; cook until tender; season with pepper and salt and a piece of butter;

have ready soda or baking powder biscuits; split them open and butter them; thicken the broth with flour, lay the chicken on a platter with the biscuit, and pour the gravy over. Mrs. M. S. Mallon.

**Fricasseed Chicken.**—Joint the chicken and place in kettle with sufficient boiling water to cover. When nearly done add salt, pepper and a small piece of butter. When tender remove from the broth and place in frying pan with plenty of butter; turn and fry to a very delicate brown and place on platter. Thicken the broth with flour. Have ready soda biscuits; split them open, place in a deep dish and pour the gravy over. Mrs. H. J. Dudley.

**Broiled Chicken.**—Singe, draw and split the chicken down the back, then wash in cold water and wipe dry. Place on a broiler over a good bed of coals, skin side up—not too near the coals—having space enough to cook slowly to prevent joints being red. When nearly done turn and brown the other side, then place on a hot platter, season with salt, pepper and a generous supply of butter. Serve immediately. Mr. Edward W. Lawrence.

**Oven Broiled Chicken.**—About an hour before it is wanted cut open, and lay in a dripping pan—putting in the pan butter, pepper and salt, and a little water; cover closely. Set in a hot oven; when thoroughly steamed, take off cover and brown. Serve on platter and pour over gravy from the pan. Mrs. Pitman.

**Fried Chicken.**—Roll the chicken in a little flour, fry in half butter and lard (considerable in the pan), have the butter and lard very hot; after both sides brown, cover over and cook slowly about one hour. If there is much butter or lard in the pan pour it out, then pour on half a cup of boiling water, hold the cover down tight for about five minutes for one side, turn the chicken and do the same for the other side, then leave the cover on until ready to serve.

Miss Julia Goggin.

**Chicken à la Maryland.**—Take one young chicken—cut it up, salt and flour it. Put it into boiling lard and cook to a nice crisp brown; drain off the lard leaving a little for gravy; add one tablespoon of flour and a cup of sweet milk, salt and pepper to taste. This makes a nice cream gravy.

Biscuits to eat with cream gravy—one pint of flour, one teaspoon of sweet lard, a pinch of salt and enough sweet milk to make a soft dough. Bake quickly and serve while hot.

Mrs. Frederick L. Allen.

**Smothered Chicken.**—Rub the inside of the chicken with fine salt and a little pepper; sprinkle flour over the outside; put it, with a bit of butter size of a butternut, and about a pint of water, in the dripping pan; cover closely; set in the oven and cook one and one-half hours; baste frequently; turn once or twice, so as to cook evenly; then remove the cover and brown lightly; add one-half cup of cream and a teaspoon of flour to the gravy in the pan; boil up and serve.

Mrs. G. W. Hubbard.

**Chicken Pie.**—Cook the chickens thoroughly. Season with pepper and salt after they are done. Make a good baking powder biscuit crust, with plenty of butter rolled in. Line the rim of a soup plate or platter with a strip of the pastry. Put the chicken in, free from bones, with as much of the broth as the plate will hold, with a good quantity of butter; cover with the pastry, making a cut in the center. The backbone in the center of the plate keeps up the crust. If the chicken is not to be used immediately let remain in the kettle uncovered.

Miss Meeker.

**Chicken Pies, Individual.**—Make a crust of one quart of flour, one-half cup of butter, four teaspoons baking powder, one-half teaspoon salt and one-half pint of cold water. Roll and shape into biscuits with round cutter. Cook the chickens thoroughly, remove all meat from the bones, return it to the broth and thicken with flour. Season well with pepper, salt and a generous piece of butter. Reserve some of the gravy to serve with the pies. Cook a few moments, then pour all into a large dripping pan and place closely upon it the biscuits. Put in the oven and bake until biscuits are done. Serve by taking up with a large spoon the chicken, with biscuit, being careful not to break the biscuit, and pour over some of the gravy.

Mrs. S. T. Carpenter.

**Filling for Chicken Patties.**—For each cup of meat after it is chopped or cut into fine pieces, add one cup of the following sauce: Two tablespoons of butter placed in a saucepan with a little grated onion and two tablespoons of flour stirred until smooth. Add one pint of milk and cream (equal in parts), a little at a time. Season with paprika and salt, and cook. While hot fill the shells, which have been reheated and garnish with cooked carrots cut in tiny pieces, and parsley. This amount fills six shells.

Mrs. Capron.

**Cream Chicken and Mushrooms.**—Prepare two chickens as for a stew; boil until tender. Pour the liquor off from a can of mushrooms and

boil them twenty minutes with the chicken. Skim out the chicken and mushrooms on a platter, and pour over it hot cream sauce.

Mrs. Temple.

**Curry of Chicken in Rice Border.**—Boil until tender a four-pound chicken. This can be done the day before it is wanted to serve. When the chicken is cold, remove the skin and bones. Cut the meat into neat squares; put two tablespoons of butter into a sauce-pan, cut into it one onion; let this cook until soft and yellow; then add two tablespoons of flour; mix; add one pint of the liquor in which the chicken was boiled; stir constantly until it thickens; add one teaspoon of Indian curry powder and one-half of a teaspoon of salt; add the chicken; cover the pan and stand it on the back part of the fire for about twenty minutes. Arrange a neat border of nicely boiled rice around a meat dish, put the chicken in the center and serve.

Huntingdon Cook Book.

**Chicken Terrapin.**—Cut into small pieces enough of cold cooked chicken to measure one pint. Put one tablespoon each of butter and flour in a sauce-pan over the fire and stir till cooked, then add gradually one cupful of thin cream or milk and stir till thick. Add the chicken and when well heated three hard boiled eggs cut into pieces, and salt and pepper to season.

**Pressed Chicken.**—Cut up chicken, place in kettle and cover with cold water, boil until tender enough to free from bones easily. Salt it. Having removed the meat from the bones, pick up into rather fine pieces and put them in the mold. Return the bones to the liquor and boil slowly down to about a coffee cupful or enough to cover chicken well in the mold. Season the liquor with butter, pepper and more salt if needed.

Mrs. H. D. Thompson.

**Guinea Chick.**—Prepare and broil as chicken or put in pan with a little water and butter and cook in the oven. Season with salt and pepper.

**Squab.**—Squabs should be perfectly cleaned and dressed. Make a dressing of bread crumbs, butter, pepper, salt and a pinch of thyme. After which stuff each squab with the above. When ready for oven butter the outside of the bird and place in a pan into which has been poured a cup of hot water. Cover. Cook until half done, remove cover and let brown. Cook about one hour in all. Agnes Buttimon.



**Partridge.**—Break the skin over the breast bone, give a sudden jerk to the left another to the right and the bird is completely skinned. Prepare as for a broiled chicken, rub with butter and place in pan with tablespoon each of butter and water; cover closely, basting a few times; salt and pepper when partly cooked. When tender remove cover and brown. Cook from thirty to forty minutes. It may be broiled over coals, keeping bird well moistened with butter.

Mr. George Hawkins.

**Directions for Preparing Sweetbreads.**—Sweetbreads should be thrown into cold water the moment they come from the market, then wash well, allowing them to remain in cold water one hour. Then free from all fat, lard or not as you wish. Put them into boiling water in a granite or porcelain sauce-pan, add a teaspoon of salt, stand over a moderate fire and parboil fifteen minutes, then throw them into ice-cold water for five minutes, then remove any skin or rough parts. Now put in the refrigerator until ready to use. They will keep from thirty to forty hours. Always use a silver knife to cut sweetbreads. This process of parboiling and blanching is necessary in whatever form the sweetbreads are to be used.

Miss Alice J. Watkins.

**Fried Sweetbreads.**—Prepare sweetbreads according to directions, then cut them into nice pieces, dip them first in egg, then in bread crumbs, and fry in boiling fat. Serve with cream sauce.

Miss Alice J. Watkins.



## MEAT AND FISH SAUCES AND MEAT RELISHES

**Brown Sauce.**—Put one tablespoon of butter in a sauce-pan over the fire, cook slowly until brown; add one heaping tablespoon of flour and brown again. Add gradually one cup of hot beef stock, stirring until thick and smooth. Add salt and pepper to taste and simmer gently for five minutes. If no stock is on hand boiling water may be used, but of course the sauce will not be quite as rich or of as good a flavor. Table Talk.

**To Brown Flour.**—If very brown gravy is desired place flour in a dry spider and stir constantly until it browns thoroughly, then when used stir with cold water as the ordinary thickening.

Mrs. McClary.

**Butter Sauce.**—Beat together one-half cup of butter and one tablespoon of flour. Pour on this mixture half a pint of boiling water. Place the sauce-pan on the fire, and stir constantly until the sauce boils; season to taste, take from the fire immediately.

**Cream Sauce.**—One pint of cream (or milk, with one tablespoon of butter), one generous tablespoon of flour, salt and pepper to taste. Let the cream come to a boil. Have the flour mixed smooth with half a cup of cream reserved from the pint, and stir it into boiling cream. Season and boil three minutes. This sauce is good for delicate meats, fish and vegetables, and to pour around croquettes and omelets.

Mrs. Mary Parmelee Olney.

**Drawn Butter Sauce.**—Two tablespoons of butter, one of flour, rubbed together. Pour over it one cup of boiling water; boil a few minutes, add salt and pepper. Miss Childs.

**White Sauce for Fish.**—One pint of milk, a small slice of onion, two sprigs of parsley, salt and pepper to taste, and boil. Stir two tablespoons of flour and two of butter until light, mix with a little of the warm milk then stir into the boiling milk. Cook eight minutes and strain.

**Tomato Sauce.**—One-half of an onion sliced and fried in one tablespoon of butter; add one-half can of tomatoes, two cloves, salt and

## 60 Meat and Fish Sauces and Meat Relishes

pepper. Cook twenty minutes — thicken with one and one-half tablespoons of flour, and strain. A little cayenne pepper and chopped parsley may be added if liked.

**Brown Tomato Sauce with Mushrooms.**—Melt two tablespoons of butter; add two of flour; let cook on a slow fire till a rich brown color; add a half teaspoon of salt, same of pepper, one cup of beef broth, one-half cup of tomato purée and one-half cup of mushrooms cut fine.

**Brown Mushroom Sauce.**—Melt three level tablespoons of butter, in it cook one-half pound of fresh mushroom caps peeled and broken in pieces. Add three level tablespoons of flour, one-half teaspoon of salt, one-fourth of pepper and stir till smooth, then add one and a half cups of brown stock or water in which one-half teaspoon of beef extract has been dissolved, stir until boiling and let simmer about eight minutes. If canned mushrooms are used, cut in pieces and add them to the sauce after it boils but do not cook any longer.

**Bread Sauce.**—Take the inside of one-half loaf of stale bakers' bread and add to one-half pint of milk, mix well and add a very *small* piece of whole mace, a stick of celery and cook twenty minutes. Remove celery and mace and add butter size of an egg, beat thoroughly. Serve hot.

**Béchamel Sauce.**—Place in a sauce-pan two rounding tablespoons of butter, add two tablespoons of flour, and stir constantly for five minutes. Moisten with a pint and a half of boiling milk, being careful to pour it in gradually; then beat it well with a whisk. Add half a teaspoon of grated nutmeg, a pinch of salt, parsley, celery, bay leaf, thyme and two cloves, twelve whole peppers, and a little mushroom liquor, if at hand. Cook well for fifteen minutes, and when done rub through a fine sieve. Filippini.

**Béchamel Sauce.**—Melt one tablespoon of butter without burning, add one tablespoon of flour and mix till smooth. Add one cup of cream or one-half cup each of cream and stock; stir continually until it thickens. Season with salt and pepper and just before taking from the fire add quickly the beaten yolk of one egg. Table Talk.

**Maitre d'Hotel Butter.**—Two tablespoons of butter, one tablespoon of chopped parsley, one tablespoon of lemon juice, one-half teaspoon of salt, one-quarter teaspoon of pepper. Rub the butter to a cream, add salt, pepper and parsley chopped fine, then the lemon juice *slowly*. Spread it on broiled meat or fish. Let the heat of the meat melt the butter.

**Sauce Tartare.**—To one cup of mayonnaise dressing add one tablespoon each of capers and chopped cucumber pickles, one tablespoon of chopped parsley and one teaspoon of onion juice. Mix well and serve.

Mrs. George Hawkins.

**Hollandaise Sauce.**—One-half cup butter, same of boiling water, yolks of four eggs, one-fourth teaspoon of salt, little cayenne and the juice of half a lemon. With a small wooden spoon cream the butter, add the yolks of the eggs, one at a time and beat into the butter thoroughly; add salt, cayenne and water, cook in a double boiler stirring constantly until the sauce thickens, then add the lemon juice and remove from the fire. If thinner sauce is desired use two eggs. Lift the sauce-pan from the water from time to time lest the sauce curdle by over-cooking.

Janet McKenzie Hill.

**Mock Hollandaise Sauce.**—Make a white sauce of two tablespoons each of flour and butter, salt and pepper and a cup of water or white stock. After simmering five minutes pour carefully on the beaten yolks of two eggs diluted with a tablespoon of cream. Do not boil after adding eggs. Add one tablespoon of lemon juice, a little tarragon vinegar if liked.

**Piquante Sauce.**—Melt in sauce pan three level tablespoons of butter. Add four level tablespoons of flour and stir till browned, draw to a cooler place and gradually add one and one-half cups of brown stock stirring constantly. Add one-half teaspoon of salt and a dash of cayenne and let simmer ten minutes. In another pan put one tablespoon each of chopped olives, onions, capers, pickles, one tablespoon of tarragon and two of plain vinegar and cook five minutes, then add to the sauce and cook ten minutes.

**Orange Sauce.**—Blend one-fourth cup each of butter and flour, add one and one-third cups of brown stock, half teaspoon of salt, a few grains of cayenne and stir till cooked. Just before serving add juice of two oranges and thin rind of one orange cut in fancy shapes. Good with roast duck.

**Suprême Sauce.**—Put four teaspoons of butter in sauce-pan, when hot add four teaspoons of flour, stir till smooth then add one and one-half cups of hot chicken stock, four teaspoons of mushroom liquor, one-half teaspoon of salt and a little paprika, stir until well mixed; add one-half cup of hot cream, cook till thick and add one-half teaspoon of lemon juice and one-half can of chopped mushrooms.

Miss Ellison.

## 62 Meat and Fish Sauces and Meat Relishes

**Fish Sauce.**—Pare, grate and drain four cucumbers. To the pulp add one-half teaspoon of salt, a teaspoon of onion juice, a tablespoon of olive oil, and a dash of cayenne pepper. Potsdam Cook Book.

**French Sauce.**—Yolks of two eggs, butter size of an egg, juice of one-half lemon. Put butter, eggs, lemon juice, a pinch of salt and a dash of pepper in a bowl. Place the bowl in a sauce-pan of boiling water and beat constantly until the sauce is the consistency of Mayonnaise. Serve at once. Delicious for smelts, salmon, shad roe or asparagus. Mrs. Peters.

**Soubise Sauce.**—Cut up four large onions and one pared raw potato, sprinkle with pepper, salt and a pinch of nutmeg. Put in a sauce-pan with tablespoon of butter and let simmer until tender; as the butter boils away add a little broth. When the onion is soft add a cup of sweet cream in which a tablespoon of flour has been dissolved; cook until smooth. Put through a sieve and serve.

**Egg Sauce.**—To drawn butter sauce add one hard boiled egg cut fine.

**Egg Sauce.**—To drawn butter sauce add beaten yolks of two eggs and one teaspoon of lemon juice.

**Caper Sauce.**—Melt two tablespoons of butter, add one tablespoon of flour, stir till smooth, then add one and one-half cups of boiling water. Stir till cooked. Add two tablespoons of capers. Take from the fire and add two teaspoons lemon juice. Season with salt and pepper. Mrs. George Hawkins.

**Currant Jelly Sauce.**—Make a rather thick brown sauce, add a quarter of a glass of currant jelly, and when it has melted, two teaspoons of catsup. Season with salt and pepper. To be used with duck or game.

**Mint Sauce.**—One cup of vinegar, small cup of sugar, boil twenty minutes. One heaping tablespoon of chopped mint added just as it is taken from the stove. This will keep for some time.

Mrs. Winifred Dustin Doremus.

**Mint Sauce.**—One-half cup of finely chopped mint, one cup vinegar, two to four teaspoons of sugar (according to strength of vinegar). Let stand one hour before serving. Mrs. S. W. Gillett.

**Horse Radish Sauce for Fish.**—Four tablespoons of cream whipped stiff, add one tablespoon of vinegar, three tablespoons of grated horseradish, a little cayenne pepper and salt. Mrs. L. C. Wead.

**Horseradish Relish.**—Grate horseradish root and add either whipped cream or plain rich cream to which a very little sugar has been added. Nice to serve with roast beef or steak. Mix just before serving.

Mrs. James Breed.

**Sauce for Cold Meats.**—One tablespoon tarragon vinegar, one and one-half of grated horseradish, one teaspoon English mustard, one salt spoon table salt, one teaspoon paprika, a few drops of onion extract, one tablespoon of cream and four of Mayonnaise dressing. Mix vinegar and salt and stir till salt is dissolved, add horseradish, mustard, paprika and onion extract, mix well and to the above add the Mayonnaise and cream. Stir till the sauce is smooth. If not hot enough add a few drops of tabasco.

Mrs. Frank Haven.

**Mustard, to Prepare.**—Mix two teaspoons of mustard and one teaspoon of sugar, add hot water gradually till consistency of thick paste. Vinegar may be used in place of water.

**Cranberry Sauce.**—One quart of cranberries put into one quart of cold water over a quick fire. When it comes to a boil pour off the water, add another quart of water and two cups of sugar; put on the back of the stove and cook slowly for about two and one-half or three hours.

Mrs. Breed.

**Cranberry Jelly.**—One quart of cranberries, one pound of sugar, and one pint of boiling water. Cook twenty minutes, strain, wet the mould and pour in the juice.

Mrs. Frank Haven.

**Mint Jelly.**—Take one bunch of mint and put it into one-half pint of boiling water, let stand on stove until the desired strength is extracted. Dissolve one tablespoon of gelatine in a little hot water and add while hot, when cold add a very little sugar, lemon juice and vinegar to taste. A little green vegetable coloring adds to its looks, strain and pour into moulds to harden.

Mrs. Grace Munger Cantwell.

**Mint Jelly.**—Put into sauce-pan one cup of hot water, one-half cup of sugar, two tablespoons of white wine vinegar, one-half teaspoon of Burnett's extract of spearmint. Color a natural green with Burnett's green paste and add one scant level tablespoon of granulated gelatine which has previously been dissolved in a little cold water. Strain into mould.

Miss Channell.

## 64 Meat and Fish Sauces and Meat Relishes

**Fried Apples.**—Pare, core and cut into eighths four apples. Put a tablespoon of butter in a spider, when melted put in the apples, sprinkle over a tablespoon of sugar and dredge lightly with flour. Cover tightly and cook till tender being careful not to burn. Remove cover and turn the apples carefully till they become a golden color. Serve immediately.

**Fried Apples and Onions.**—Have slice of pork partly cooked then add six sliced onions, an equal quantity of peeled and sliced apples. Cook till done stirring frequently. Season with salt and pepper just before taking from the stove. If preferred without the pork, put onion in spider, add one-half cup of water and partly cook, then add the apples and cook until the water is absorbed. Season with butter, pepper and salt and cook a little longer. Serve hot.

Addie Trudeau.

**Broiled Apples.**—Core the apples and cut in halves, cover with sugar and dredge on a little flour and a generous amount of butter. Put a little butter in the pan and place in the gas stove broiler and cook until a nice brown. Serve hot.

Mrs. Lizzie McClary Crowley.

**Apples Stuffed with onions.**—Core tart apples. Have prepared chopped onion cooked in salted water until tender, season with salt and pepper. Fill apple with onions in place of cores. Bake in dripping pan with sugar and water and serve hot with goose or pork.

Mrs. Ernest Putnam.

**Horseradish Sauce.**—To one cup of grated horseradish add vinegar enough to moisten well and sweeten to taste.

**Apple Brownies.**—Take apples, if small, eight or nine, pare and quarter. Place in a baking dish, the broad side up, and only one layer. Melt butter the size of an egg and pour over the apples. Cover with a cup of sugar and bake three hours. Excellent used as a vegetable.

Mrs. Richardson.

**Delmonico Apple.**—One can each of peaches and apples heated. One pound of macaroons rolled, one pound of almonds blanched and chopped. Butter a baking dish and put in a layer of peaches, then one of macaroons, then nuts and then apples. Repeat until fruit is used. Put butter between each layer; bake until brown. To be used with meats.

Mrs. William Breed.

**Fried Apples.**—Cut tart apples in round slices, remove core and fry in butter, or in gravy after pork or ham has been fried.

**Apple Charlotte.**—Put in a buttered pudding dish a layer of grated apples, seasoned with butter, sugar and cinnamon; then a layer of cracker crumbs — alternate layers until the dish is filled — three layers will fill it — having cracker crumbs on top. Bake a light brown. To be served with meats. Fouquet House.

**Baked Peaches.**—Pare and place the whole fruit in baking dish, using sugar generously if fruit is tart. Add a few bits of butter and a half pint of hot water; sprinkle with chopped nuts and bake until tender. Serve cold. Fletcher Berry.

**Sautéd Pineapple.**—Drain sliced pineapple and dry on towel. Sauté in butter till delicately browned. Serve round roast turkey or chicken. Good with pork. It may be cooked in ham fat to garnish ham.



## VEGETABLES

Vegetables of all kinds should be thoroughly picked over and well washed in several waters. Most vegetables when peeled, are better laid in cold water a short time before cooking. Every sort of vegetable is much better when freshly gathered and cooked as soon as possible, but if in a wilted condition the freshness can be somewhat restored by placing in cold water. The intrinsic value of these foods lies in their mineral salts which are best retained by baking or steaming.

The most nutritious part of the potato is next to the skin, therefore it should be pared very thinly, if at all. If old, potatoes are improved by lying in cold water some hours before peeling.

In using canned goods, empty contents from can as soon as opened and let stand one hour that it may become reoxygenated. Beans, peas, etc., should be emptied into a strainer, drained, and cold water poured over them and allowed to run through.

**Boiled Potatoes.**—Select potatoes of uniform size and put into boiling water. When partly cooked add salt and cook till tender. Drain and set back on the stove with the cover partly removed to let them dry out.

**Mashed Potatoes.**—Boil and drain potatoes, mash with a wire potato masher over the fire in the same kettle in which they were boiled so that they will lose no heat. Season with salt, butter, and cream or milk. Add slowly and beat the potatoes well with a fork until they are very light and white. Serve hot.

**Duchess Potatoes.**—To be used for borders, garnishes, etc. To three cups of riced potatoes add the beaten yolks of three eggs, two tablespoons of butter, one-half teaspoon salt and hot cream or milk as needed. Mix thoroughly and beat till light. Shape as desired with pastry tube, brush over with beaten yolk of egg diluted with milk or water and brown in oven. If the potatoes are too moist they will not keep their shape.

Mrs. George Hawkins.

**Potato Cakes.**—Season cold mashed potato, shape in small cakes. Put butter in a hot frying pan, put in cakes, brown one side, turn and brown the other side, adding butter as needed to prevent burning.

**Potato Whip.**—Beat one pint of mashed potato seasoned with salt, pepper, and moistened with a little milk; two tablespoons of butter and

the yolks of two eggs. When very light and creamy, add the well-beaten whites; heap lightly on a dish and brown in the oven.

Mrs. John Lincoln.

**Baked Potatoes.**—Select smooth, medium sized potatoes. Wash, using a vegetable brush. Bake in hot oven about forty minutes or until soft. Remove from oven and serve at once. Remove from oven with fork to let the steam escape.

**Franconia Potatoes.**—Prepare as for boiled potatoes, and parboil ten minutes; drain, and place in pan in which meat is roasting; bake until soft, basting with fat in pan when basting meat. Time required for baking, forty minutes. Place meat on a platter and garnish with the potatoes.

Mrs. W. H. King.

**Fried Raw Potatoes.**—Peel three medium sized potatoes, cut in slices very thin, cutting across the potato. Put a tablespoon of butter in the frying pan and as soon as it boils add the sliced potatoes, sprinkling over salt and pepper to season. Cover with a tight fitting lid and let the steam partly cook them, remove cover and let them fry to a bright golden color, shaking and turning them carefully so as to brown evenly. Serve hot.

**Maitre d'Hotel Potatoes.**—Pare and shape potatoes into balls or cut into dice. Cook in boiling salted water till tender. Drain and put over Maitre d'Hotel butter.

**Potato Balls.**—Pare large potatoes and let stand a while in fresh cold water. Shape into balls with a French vegetable cutter and place in ice water for one or two hours. Cook in a steamer until tender and when done drain off the moisture and place in a heated dish, then pour over a hot cream sauce to which add a little chopped parsley and stir all together carefully. See recipe for Cream Sauce.

Mrs. Carpenter.

**Warmed-up Potatoes.**—Put one quart of sliced *new* potatoes, baked or boiled, into a spider and pour over them three-quarters of a cup of milk and half a cup of butter. Pepper and salt to taste. Heat on the back of the stove, then cook three minutes, chopping with a knife, and turning the potatoes to keep from burning.

Mrs. Anna Parmelee Channell.

**Scalloped Potato.**—Dice enough cold boiled potatoes in small pieces to make a quart. Put into a stew pan one pint of cream, piece of butter size of a small egg. Take a tablespoon of flour, and stir it into

one-half cup of milk until smooth. Stir this into the cream when hot; let come to a boil; salt and pepper to taste. Pour this over the potatoes in a baking dish, and loosen with a fork so the cream will run through them. Bake three-quarters of an hour in a moderate oven.

Mrs. George Sabin.

**Scalloped Potatoes, Raw.**—Pare and slice them very thin; take as much milk as you think will cover them, and stir into this about a tablespoon of flour—first in a little of the milk. Then, having put them in a dish with as much butter, pepper and salt as will season well, pour the milk over them, and bake an hour.

Mrs. H. D. Thompson.

**Smothered Potatoes and Onions.**—One quart of potatoes and one quart of onions thinly sliced. Mix, put into baking pan, and add liberal amount of butter or oil. Salt to suit taste. Cover pan closely and bake in slow oven until tender.

Mr. Sherwood P. Snyder.

**Delmonico Potatoes.**—Cut cold boiled potatoes very fine and to each pint allow a half pint of cream, two ounces of butter, a teaspoon of salt, a dash of pepper; then put them in a baking dish about two inches deep, nearly cover them with the cream; put the butter (melted) over them; put dish in hot oven and brown nicely.

Table Talk.

**Saratoga Chips.**—Take small potatoes, pare and slice in machine made for that purpose, soak for an hour or two in cold water containing a little salt, then drain in a colander and place in a cloth to remove moisture, fry in very *hot* lard until a light brown, stirring constantly; take out with skimmer, drain and sprinkle over a little salt.

Mrs. D. W. Lawrence.

**French Fried Potatoes.**—Pare uncooked potatoes, divide them lengthwise in halves and each half in three pieces, let stand in cold water two hours, drain and wipe. Fry in good hot lard ten minutes, drain and dredge with a little salt.

Mrs. Grace Earle Taylor.

**Puffed Potatoes.**—Peel potatoes, cut into oval shape and slice one-eighth of an inch thick lengthwise of potato. Soak in cold water half an hour, dry and fry in fat moderately hot till they are soft. Remove, drain and cool, then immerse in hot fat, when they will puff into balls. Drain, and sprinkle with salt.

**Latticed Potatoes.**—Pare potatoes and slice with cutter which comes for this purpose, let stand in cold water for two hours, put them in a wire basket used for frying and place in a pan of melted lard or fat

which should not be too hot. Remove them before they are thoroughly cooked and allow them to cool for a few minutes. Reheat the lard and have it very hot. Put the potatoes again into the wire basket and place in the hot fat. Take them out as soon as thoroughly fried through and put them onto brown paper to absorb the outside grease. Keep hot until served.

Mrs. McClary.

**Shredded Potatoes.**—Pare and cut potatoes in thin slices, then cut these in one-eighth inch slices. Let stand a while in ice water, dry well and cook in lard. Take out with skimmer, drain and dredge with salt.

The above two recipes may be used as a garnish for fish or meats.

Miss Ellison.

**Lyonnaise Potatoes.**—Put a piece of butter the size of an egg in a frying pan with one small, finely chopped onion. When this is browned put in diced cold boiled potatoes; turn carefully until brown; add a teaspoon of finely chopped parsley, season with salt and pepper.

Mrs. George Hawkins.

**Hashed Brown Potatoes.**—One quart of diced cooked potatoes, two tablespoons of butter, one of flour, one teaspoon minced onion, one of Liebig's extract of beef, one-half of pepper, one and one-half of salt, and one-half pint of water. Put the onion and one tablespoon of butter in frying pan on the fire; cook the onion to a light straw color, add the flour and cook till smooth and frothy. Gradually add the water and meat extract and stir until it boils. Stir the potatoes into the sauce and stir for five minutes. Put a tablespoon of butter in a second frying pan and set on the fire. When hot turn the potatoes into this pan, spreading them lightly and cook for fifteen minutes being careful not to burn the potatoes but to brown them thoroughly. Then fold over the potatoes, turn out on a warm dish like an omelet and serve.

Mrs. W. H. King.

**Hashed Browned Potatoes.**—Chop cold boiled potatoes very fine, season with salt and pepper; to each potato allow one tablespoon of cream, mix well. Put a tablespoon of butter in a frying pan. When hot, put in the potato about one inch thick and press down smoothly and firmly. Cook slowly until the whole is nicely browned; fold over one-half, cook a moment longer, and turn on a hot dish as an omelet.

Mrs. John Lincoln.

**Hashed Brown Potatoes.**—Melt piece of butter size of a large walnut in frying pan. When very hot put in four cold boiled potatoes that

have been chopped fine, adding pepper and salt. Stir until the potatoes take up all the butter and are hot. Press them down on the side of the pan into as small a space as possible and allow to brown well on the bottom and side. When done turn out on hot plate, brown side up, and serve at once.

Mr. Arthur L. Barney.

**Potatoes au Gratin.**—Five potatoes, thoroughly cold, cut in small dice; make a cream sauce of one cup of milk, one tablespoon of flour, one of butter, stir butter and flour, add milk, one level teaspoon of salt, sprinkle of white pepper; add the potatoes, mix well with the sauce, put on small oval platter, cover with grated cheese and bake until brown.

Mrs. Lucy King Allen.

**Stuffed Potatoes.**—Bake potatoes of medium size, cut a piece of the skin from the flat side of the potatoes. Remove the inside, mash, and mix with it any highly seasoned meat, chopped fine, also a seasoning of butter, salt and pepper. Fill the skins rounding full. Set in the oven to brown. If preferred leave out the meat.

**Potatoes with Ham.**—Mash six boiled potatoes with two tablespoons of softened butter, add gradually two beaten eggs, and one-half pint of finely chopped boiled ham. Put in pudding dish and bake twenty minutes.

Mrs. John Lincoln.

**Browned Sweet Potatoes.**—Boil a little; slice thin and lay in a pudding dish; sprinkle each layer with a little salt, pepper, sugar and butter; put in the oven and brown.

Mrs. Spann.

**Glazed Sweet Potatoes.**—Boil the potatoes until nearly done, peel and cut into thick slices lengthwise. Put in a pan and sprinkle thickly with brown sugar and bits of butter. (For a good-sized tin of potatoes, use one-half cup of sugar and two tablespoons of butter). Cook from one hour to an hour and a half in a moderate oven. Turn each piece several times while in the oven, that the pieces may be well covered with the sugar.

Addie Stevenson.

**Sweet Potatoes Southern Way.**—Prepare sweet potatoes as above. Fill a baking dish with layers of the slices thickly covered with brown sugar and bits of butter. Pour over one-half cup of boiling water. Cook in a hot oven for thirty minutes.

**Corn, Boiled.**—The time of boiling corn depends upon its age and length of time picked. Corn that is tender and freshly picked will cook in ten or fifteen minutes, when older it will take from fifteen to thirty minutes. Put corn in kettle, cover with boiling water and

cook till tender. Take from water, spread a napkin on a platter and lay the corn on it, draw up the ends of the napkin so as to cover the corn. Serve at once. Corn may be steamed.

**Fried Corn.**—Cut corn from the cob, cook in a little salt pork fat until brown, stirring often with a fork.

Mrs. Arthur E. McClary.

**Creamed Corn.**—Add corn pulp to a well-seasoned cream sauce, and cook until corn is done. Serve on buttered toast.

**Corn Pudding.**—Six good-sized ears of green corn cut through each row lengthwise and the pulp pressed out with back of knife. To this add one cup of milk, three well-beaten eggs, butter size of an egg, salt and pepper and a scant teaspoon of cornstarch. Bake in an earthen dish one-half hour. Enough to serve six persons.

Miss Alice L. Hyde.

**Green Corn Griddle Cakes.**—Grate the corn from twelve ears of boiled corn; two eggs, pepper, salt and a very little butter; one-half tea cup of flour; one-half tea cup of milk; stir well together and fry on a griddle.

Mrs. Clinton Stevens.

**Corn Cakes.**—One-half dozen ears of corn, two eggs, one heaping tablespoon of flour, one teaspoon of baking powder, two tablespoons of milk; pepper and salt. Cut the corn through each ear and press the milk from the corn with the back of a knife. Beat yolks and whip whites separately, adding whites the last thing. Fry on a griddle. Drop the batter from a spoon.

Mrs. W. H. King.

**Corn Soufflé.**—Melt two tablespoons of butter, add two of flour and stir till well blended; then pour on gradually, stirring constantly, one cup of milk. Bring to the boiling point, add one cup of canned corn, season with salt and pepper, then add the well beaten yolks of two eggs. Cut and fold in the two whites beaten stiff and dry. Turn into buttered baking dish and bake in moderate oven till firm. Serve with crisp buttered toast. A few variations may be made in this dish by substituting for the corn a cup of cooked asparagus, chicken, ham, frankfurters or cheese.

Mrs. Florence Miller Main.

**Scalloped Corn.**—Use either fresh or canned corn and two pimientoes. Butter a baking dish. Put in a thin layer of cracker crumbs, then a layer of corn, seasoned well with bits of butter, salt and with pimientoes cut in small pieces. Alternate in this way till the dish is full. Put



a layer of cracker crumbs on top. Add sufficient milk to just float the ingredients. Bake from one-half to three-quarters of an hour.

Mrs. J. R. Duffield.

**Boiled Onions.**—Peel, put in kettle, cover with boiling water and parboil ten minutes. Drain and cover with salted boiling water and cook till tender, nearly an hour. Drain thoroughly and season with pepper, salt and a generous quantity of butter. Let stand a few minutes and serve.

**Creamed Onions.**—Cook the same as boiled onions, drain thoroughly. Add pepper, butter and two tablespoons of cream, or a thin cream sauce.

**Scalloped Onions.**—Pare and slice enough onions to fill a baking dish; parboil in water till tender. Butter a dish, put in a layer of onions, sprinkle over a layer of crumbs, add salt and pepper and a few bits of butter, then another layer of onions, etc. Continue so till the dish is full. Have the last layer crumbs. Put bits of butter over the top, pour over a half cup of cream and bake in a moderate oven one hour or less, according to the size of the dish.

**Baked Spanish Onions.**—Boil onions two hours, after which take out the inside of each one and chop. Mix with bread crumbs, butter, salt and pepper. Fill the onions with this dressing. Put into a pan and bake for one hour.

Mrs. Breed.

**Frenched Onions.**—Slice Bermuda onions thin and crisp in ice water. Take from water, dry and place in milk for one-half hour; drain, dry thoroughly, dredge with flour, drop a few at a time in hot fat. Drain on paper and season.

Mrs. Ernest Putnam.

**Winter Squash.**—Cut in pieces; scrape well; bake from one to one and one-half hours, according to the thickness of the squash. Equally good steamed three-fourths of an hour. Remove from shell, mash and season with butter and salt. If too dry add a little cream.

**Summer Squash.**—Cut squash in pieces, remove seeds and steam until tender. Drain thoroughly, return to kettle, mash fine, season with salt, pepper and butter and serve hot.

**Fried Squash.**—Cut young tender squash in one-half inch slices, dip in flour seasoned with salt and sauté in butter or salt pork fat till browned. May be dipped in fritter batter.



**Stewed Tomatoes.**—Pour boiling water over a dozen sound, ripe tomatoes; let them remain for a few moments; then peel off the skins, slice them and put them over the fire in a granite sauce-pan. Stew them about forty minutes, then add a tablespoon of butter, salt and pepper to taste; serve hot. If desired thicken with bread crumbs.

**Scalloped Tomatoes.**—Place in a baking dish a layer of bread crumbs then a layer of peeled, sliced tomatoes with bits of butter, a little pepper and salt, then bread crumbs, tomatoes, etc., until the dish is full—having the bread crumbs on top. Bake one hour.

Mrs. Parmelee.

**Tomatoes and Cheese.**—To two cups of canned tomatoes add one cup of bread crumbs, a generous half cup of grated cheese and an even tablespoon of butter. Salt and pepper to taste. Stir all together, put in a buttered baking dish, sprinkle over some crumbs and bake one-half hour.

Miss Esther H. Taylor.

**Fried Tomatoes.**—Cut firm tomatoes in thick slices. Fry them in butter until brown, being very careful not to burn. If necessary add more butter while cooking; season with salt and pepper. Remove tomatoes to a hot platter and pour into the pan one cup of cream, when hot add carefully the beaten yolks of two eggs; take at once from the stove and pour over the tomatoes. Milk thickened with a little flour may be used instead of cream, adding a little butter. This is a good luncheon dish.

Miss Esther H. Taylor.

**Baked Tomatoes.**—Select firm, medium-sized, tomatoes; do not remove skins, cut through the center horizontally. Put them in baking tin, sprinkle each half with salt and pepper, add pieces of butter and small bits of onion. Bake in a hot oven about one-half hour. Serve hot.

Mrs. Belding.

**Tomatoes Stuffed With Rice.**—Cut off the top of ripe tomatoes and take out the pulp, mix it with boiled rice, seasoning with butter, pepper and salt. Fill the tomato shells with this mixture and cover with bread crumbs. Place tomatoes on small pieces of toast to keep them in good shape. Bake until brown, about twenty minutes. Garnish each with a little fern or a sprig of parsley stuck into the top.

Miss Emma Lindstrom.

**Filling for Tomatoes.**—Cook five minutes two tablespoons of butter with one-half tablespoon finely chopped onions. Add one-half cup

finely chopped cold cooked chicken, veal or ham, one-half cup stale soft bread crumbs, tomato pulp, salt and pepper to taste. Cook five minutes and fill tomatoes with mixture.

**Green Tomatoes.**—Slice tomatoes and let lie in salted water one hour; drain, sprinkle with sugar and roll in flour or corn meal and fry in butter. When brown on both sides season and serve.

**Beets.**—Wash medium-sized beets, steam or bake until tender—from one to four hours. Put in cold water and remove skins. Cut in slices or dice. Season with salt, pepper and butter and serve hot.

**Beet Greens.**—Wash thoroughly and scrape roots, cutting off ends. Drain, and cook one hour or until tender in a large quantity of boiling salted water. Drain, cut with knife and season with butter, salt and pepper. Serve with vinegar.

**Swiss Chard.**—Cook the same as beet greens.

**Dandelions.**—Wash thoroughly, remove roots, and parboil about ten minutes, put in boiling salted water and cook one hour, or until tender, drain and season with butter, salt and pepper.

**Spinach.**—Pick over carefully a half peck of spinach, cut off roots; wash through several waters; drain by taking up in handfuls, shaking and pressing out all the remaining water. Put in kettle; add a cupful of hot water, stand over the fire and boil until tender. Then drain in colander, cutting fine with knife. Some like it chopped very fine. Then put in a sauce-pan with two tablespoons of butter, salt and pepper to taste. Stir until very hot, and serve.

**Creamed Parsnips.**—Wash and scrape parsnips, cut in dice and cook in boiling water until soft. Drain, add one cup of milk or cream, thickened slightly with flour. Season with butter, salt and pepper.

**Fried Parsnips.**—Boil until tender in a little salted water; take up; cut in strips and fry in melted butter.

**Salsify.**—Wash and scrape well, put immediately into cold water with little lemon juice or vinegar; cut into thin slices; put in boiling water; cook nearly one hour. Drain, and add rich milk or cream; thicken slightly with flour; season well with butter, pepper and salt.

**Scalloped Salsify.**—Scrape salsify and let stand one-half hour in cold water to which a little lemon juice has been added. Boil until tender, drain, mash and moisten with cream or rich milk. To each cupful, add

one-half teaspoon of butter and one well beaten egg. Put in buttered patty shell tins or scallop dish, sprinkle with bread crumbs and bake until crumbs are a nice brown. Do not have it too dry. Good with roast beef or steak.  
Mrs. James Breed.

**Mashed Turnip.**—Wash and pare turnip, cut in slices or quarters, and cook in boiling salted water an hour, or until tender. Drain, mash and season with butter, salt and pepper.

**Creamed Turnip.**—Wash turnip, pare and cut into dice. Cook in boiling salted water until tender; drain, add one cup of milk thickened slightly with flour, add one tablespoon of butter. Cook a few minutes and serve.  
Mrs. Botham.

**Peas.**—Cook in boiling water twenty minutes, add a little sugar, drain if necessary, and season with butter, pepper, salt and add cup of sweet cream. Let all come to a boil and serve immediately.

**String Beans.**—Remove strings and cut into one-inch pieces: wash, and cook in boiling water from one to two hours, adding salt last half hour of cooking. If not tender add soda the size of a bean. Drain. Season with butter and salt; also add a little cream if desired.

**Shell Beans.**—Wash and cook in boiling water from one to one and a half hours, adding salt last half-hour of cooking. Cook in a sufficient quantity of water that there may be none left to drain off when beans are done. Season with butter and salt, cream may be added if desired.

**Dried Beans.**—Wash the beans and soak over night. In the morning put into fresh water and boil slowly until tender, changing the water several times. Add salt to taste. When cooked, drain and season with butter, salt and pepper, adding a little sweet cream. Red Kidney beans are especially good prepared in this way.  
Mrs. Belding.

**Lima or Cranberry Bean Purée.**—Let the beans stand over night covered with cold water. In the morning drain and put to cook in boiling water. Let cook slowly till tender, about three hours, adding a teaspoon of salt during last of cooking. When the water has evaporated and beans are tender, put them through a purée sieve. Add two tablespoons of butter, a little hot cream if needed. Put mixture in sauce-pan and beat till light. Make a mound of the beans in the center of hot platter. Garnish with hot sausages, pork or lamb chops. Serve very hot.  
Mrs. Janet Allan.

**Succotash.**—Remove the corn from the cob and an hour and a half before dinner put the cobs, with a few shelled beans, into cold water to boil; after one hour take out the cobs, put in the corn, and boil half an hour. There should be no more water at first than will be necessary to make the succotash of the right thickness, as having too much occasions a loss of richness imparted by the cobs. Before you take up, add butter, pepper and salt. This is a much better way than to boil the corn on the cob and then cut it off. Mrs. A. G. Crooks.

**Cabbage, Boiled.**—Remove outside leaves and cut in halves or quarters, place in cold salted water about one-half hour, to draw out insects that may be present, then put cabbage, uncovered, into kettle of rapidly boiling salted water, with one-fourth teaspoon of soda and cook until tender, about one hour. Chop and season with butter, salt and pepper, or prepare as desired.

**Scalloped Cabbage.**—Cut one-half boiled cabbage in small pieces; put in buttered baking dish, sprinkle with salt and pepper, and add one cup of white sauce. Lift cabbage with fork that it may be well mixed with sauce. Cover with one cup of buttered crumbs, place in oven and bake until crumbs are brown. Fannie Merritt Farmer.

**Fried Cabbage.**—Take a small cabbage, chop fine, put in frying pan with water enough to cover, and cook until tender. Then add one teacup of sweet cream, piece of butter half the size of an egg, pepper and salt. Fry till nearly dry. Serve hot. Mrs. Frank White.

**Creamed Cabbage.**—Chop one-half head of cabbage and put it into boiling water; boil ten minutes, then add one-fourth teaspoon of soda, cook fifteen minutes or until tender with the kettle uncovered. Drain, pour over hot water and drain again. Return cabbage to the kettle, place on moderate fire, season with salt, pepper and a little cream, heat thoroughly and serve.

**German Creamed Cabbage.**—Boil cabbage uncovered in salted water till tender. Drain, saving one cup of the water and pour over the cabbage the following sauce. Blend well one tablespoon each of butter and flour, add the cup of water saved from the cabbage, stir until smooth and add one teaspoon salt, dash of pepper and tablespoon of tarragon vinegar—boil two minutes. Mrs. Gertrude Skinner Washburn.

**Brussels Sprouts.**—Remove wilted or discolored leaves, let stand in cold salted water half an hour, cook in boiling salted water twenty minutes or till tender, drain, add salt, pepper and a generous piece of

butter, shake the sauce-pan over the fire until the sprouts are evenly seasoned. Put on hot chop plate and garnish with sections of lemon, or put in hot dish and serve with Hollandaise sauce.

Miss Jean Hawkins.

**Cauliflower.**—Soak the cauliflower in salt and water half an hour then boil in slightly salted water until tender. Drain and serve with a cream or Hollandaise sauce.

Mrs. George Hawkins.

**Cauliflower au Gratin.**—Break a cooked cauliflower into flowerets; butter a baking dish, put in a layer of cauliflower then cream sauce and cheese; alternate layers of cauliflower, sauce and cheese until cauliflower is used, having the last layer sauce. Put over buttered cracker crumbs and put in the oven to bake.

**Asparagus.**—Take the tender part of the asparagus, cut stalks of equal length, and tie in bundles; boil in salted water for twenty minutes; have ready slices of nicely toasted bread; dip these in the asparagus liquor, butter them, and lay on a hot dish; drain the asparagus; untie and arrange on toast; pour over all hot cream seasoned with butter.

Mrs. M. S. Mallon.

**Asparagus with Cream Sauce.**—Boil asparagus about twenty minutes in salted water, drain and lay on hot platter, pouring cream sauce over the tender part.

**Asparagus à la Hollandaise.**—Pour Hollandaise sauce over tips of boiled asparagus.

**Creamed Celery.**—Cut cleaned celery stalks in half inch slices, cover with boiling water and cook till tender and water is nearly evaporated. To about a cup and a half of cooked celery add one cup of cream sauce. Stir well and serve hot.

**Creamed Chestnuts.**—Shell and blanch chestnuts, and cook in boiling water till tender. Drain, and add an equal measure of cream sauce.

The creamed chestnuts may be sprinkled with grated cheese, covered with buttered crumbs and browned in the oven.

**Creamed Carrots.**—Scrape the carrots, boil until tender, drain off water, cut in dice, return to kettle, put in milk or thin cream enough to cover, season well with butter, salt and pepper, thicken slightly with flour mixed with a little milk. Cook about fifteen minutes.

Mrs. McVickar.

**Mashed Carrots.**—Scrape carrots, cut in pieces and cook till tender. Mash fine and to each pint add one-half teaspoon of sugar, butter and salt to taste.

**Carrots and Peas.**—To one pint of diced cooked carrots add the same amount of cooked peas. Heat well and season generously with butter, pepper and salt to taste.

**Stuffed Green Peppers.**—Use green sweet peppers. Cut lengthwise and remove seeds. Put in boiling water for five minutes to parboil. Fill each one with a stuffing made of equal parts of softened bread crumbs and minced meat (chicken or veal preferred), well seasoned with salt, butter and a few drops of onion juice. Place in a baking dish with stock about one inch deep. Bake in a moderate oven one-half hour. Some prefer it without onion.

Mrs. Beman.

**Stuffed Green Peppers.**—One small onion and one green pepper each chopped fine, add one slice of finely chopped ham and fry ten minutes. To this add a small can of tomatoes and cook fifteen minutes with a little parsley, one clove of garlic, season to taste. Add bread crumbs enough to stuff the peppers which should be cut lengthwise and seeds removed. Bake and serve hot.

Mrs. L. C. Wead.

**Stuffed Peppers.**—Remove seeds from six green peppers, wash, and boil one-half hour, stuff with three-quarters pound of Hamburg beef, one-quarter pound of pork hamburger, three stalks of celery, one-half of a small onion, one tablespoon chopped parsley, one egg beaten light. Pour over one-half cup of tomato soup, bake one hour in very hot oven.

Thicken one cup of tomato soup with one tablespoon flour and one tablespoon butter, pour hot over baked peppers and serve.

Julia B. Lawler.

**Stuffed Peppers.**—Cut ends from one dozen green peppers, remove all seeds, wash and let stand in cold water a half hour, pour over boiling water and boil hard for fifteen minutes. Make a filling of two cups of bread crumbs, one cup of meat, cooked beef or chicken put through food chopper, one tablespoon of butter, one cup of canned corn, one-quarter of a small onion grated, salt and pepper to taste. Fill peppers. put in tin with one cup of water, bake one-half hour in hot oven.

Mrs. Mable Lawrence Lincoln.

**Broiled Mushrooms.**—Wash, stem and peel half a pound of mushrooms. Place them gills downward upon an oyster broiler over clear



coals. Cook for two or three minutes, turn, and broil the other side. Serve upon thin squares of buttered toast, sprinkle with salt, pepper, a bit of butter and serve very hot. Marion Harland.

**Creamed Mushrooms.**—Simmer fresh mushrooms in water with the juice of one-fourth of a lemon. Serve with any nice cream sauce.

Mrs. Alice F. Stevens.

**Baked Mushrooms.**—Wash, shake the water from the gills, place in a shallow dish with bits of butter, one tablespoon to a pint of mushrooms, dust with salt and pepper. Bake ten minutes, add one-half cup of cream and return to oven until very hot. Serve with toast.

Miss Bacon.

**Fried Mushrooms.**—Wash, peel and dry one-half pound of mushrooms. Heat a generous spoonful of butter in a frying pan, and when it hisses lay in the mushrooms, and fry three minutes on each side. Spread upon rounds of buttered toast, dust with salt and pepper, put a bit of butter on each and serve. Marion Harland.

**Mushrooms with Tomatoes.**—Cut rounds of bread and toast carefully. Place on each a slice of tomato and a good-sized mushroom, gills upward, with a bit of butter on each. Place in a shallow dish and bake until mushrooms and tomatoes are tender. Pour over a little melted butter and serve very hot.

Miss Bacon.

**Okra.**—Take young and tender pods, cut off both ends to make the pods of uniform length. Drop the pods in hot water for ten minutes, drain, add hot stock or water to cover, let simmer until tender. Serve on a hot plate and pour over the following sauce. Cut a medium sized onion fine and cook ten minutes in a little water. Pour off the water and add the juice of a lemon and piece of butter size of a walnut.

Barbadoes.

**Egg Plant.**—Cut the egg plant into slices one-quarter of an inch thick after removing the skin. Sprinkle the slices with salt, pile them one upon another. Place on them a plate holding a weight, let stand two hours or more to press out the juice. Dip the slices in egg and crumbs and fry on both sides in butter.

Mrs. Belding.

**Creamed Egg Plant.**—Peel egg plant, cut in cubes and boil in salted water—as little water as possible. Put in a buttered baking dish, cover with cream sauce and crumbs dotted with butter. Brown in oven.

Mrs. Dan Mather.

**Kohl Rabi.**—Clean, cut in pieces and cook till tender in boiling water, serve with a cream or Hollandaise sauce. When cooked it may be mashed and seasoned like turnip.

**Artichokes.**—Cut off stem close to leaves, remove outside bottom leaves, trim artichoke, cut off one inch from top of leaves, and with a sharp knife remove choke; then tie artichoke with a string to keep it in shape. Soak one-half hour in cold water. Drain, and cook thirty to forty-five minutes in boiling salted water with a little lemon juice. Remove from water, place up side down to drain, take off string and serve with Hollandaise sauce.

**Breaded Artichoke Bottoms.**—Remove bottoms from can and dry on soft cloth. Beat one egg, add two tablespoons of milk, stir well and dip the bottoms one by one and roll in sifted bread crumbs. Fry in deep fat to an amber color, drain, put in hot dish and serve with sauce Tartare in bowl. Use as an entrée with roast turkey or fillet of beef.

**Baked Bananas.**—Peel bananas and put in baking dish. Make a dressing of three tablespoons of melted butter, four of lemon juice and seven of sugar; baste the bananas frequently with this while cooking. Bake twenty minutes. This is good served with fricasseed chicken, or as a course by itself in a border of boiled rice with wafers and olives.

Mrs. Mary Parmelee Olney.

**Fried Bananas.**—Peel, cut in halves, roll in bread crumbs, then in egg, and again in bread crumbs, fry in deep fat until brown. Serve with lemons cut in quarters.

Mrs. George Williamson.

**Plain Boiled Macaroni.**—Break macaroni into short pieces of uniform length and cook in rapidly boiling salted water until tender, about forty-five minutes. Drain and rinse in cold water. Season as desired.

Spaghetti is usually cooked unbroken, the ends of the long, slender sticks of paste are put in boiling water, and then as the heat and moisture softens the sticks they are coiled in the sauce pan. The cooking and dressing is the same as for macaroni.

**Creamed Macaroni.**—Cook three-fourths cup of macaroni, broken in inch lengths, as usual, and drain. Scald one and one-fourth cups cream, stir in a cup of grated cheese, stir till cheese is melted, add fourth teaspoon salt, tablespoon butter and the macaroni. Lift the macaroni with a fork till it is covered with the sauce. Put it in oven in a but-

tered gratin dish. Sprinkle over a half cup of hot small bread croutons, browned in oven in butter and serve. Instead of using croutons, it may be sprinkled with buttered crumbs before putting in oven.

**Baked Macaroni.**—Take a dozen sticks of macaroni; boil until tender in two quarts of water; put into a baking dish a layer of macaroni; then bits of butter and a little salt; then a layer of grated cheese; and so on until the dish is full; fill up with milk, and set into the oven; cover over, bake an hour slowly, then remove the cover and brown nicely.  
Mrs. M. K. Wead.

**Macaroni with Cream Sauce.**—Cook macaroni in salted water; take from the water and pour over a rich white sauce and serve with grated cheese.

**Macaroni with Tomato Sauce.**—Boil and drain as directed for plain boiled macaroni, pour over it one pint of tomato sauce.

**Scalloped Macaroni and Veal.**—One and one-half cups each of chopped cold veal, cooked, macaroni and tomato sauce. Butter a baking dish and put in alternate layers of macaroni, veal and sauce. Have top layer of macaroni. Cover with one-half cup of buttered crumbs and bake in oven until brown.  
Miss Ellison.

**Boiled Rice.**—To two cups of cold water add one-half cup of thoroughly washed rice; put in double boiler and cook slowly until tender and water all absorbed. Pour it into a sieve or colander and put under the cold water faucet letting the water run over it and shaking it well. Return to the double boiler with one and one-half cups of rich milk, a little salt and let cook until creamy; add salt and butter to taste. In all, cooking from two to three hours.

**Boiled Rice.**—Put two quarts of boiling water into a stew pan; when the water boils hard pour in a cup of thoroughly washed rice and a good pinch of salt; let it boil hard for fifteen minutes, shaking the pan occasionally. Try the grain and if soft pour into a colander immediately and put it under the cold water faucet, shaking it well; put it back on the range and cover until ready to serve.

**Rice and Cheese.**—One-half cup of rice, wash and put in earthen baking dish with a scant quart of milk and one teaspoon of salt. Put in the oven at least one hour and a half before time for serving. When the milk is absorbed, in about an hour, there will be a brown crust

over the top. Take from the oven and remove this. Have ready one and one-half cups of grated cheese, put this over the top and return to the oven to brown one-half hour. Miss Alice L. Hyde.

**Pillau (pronounced pillaff).**—Make a rich broth of any kind of meat, using plenty of fat; add half a can of tomatoes, or you may use fresh tomatoes; cook thoroughly and strain through a colander; then to the liquid add one-third rice; cook slowly, stirring well at first, until all the liquid is absorbed and the rice is soft. Dr. Charles S. Richardson.

**Boston Baked Beans.**—To one pint of dry beans allow a full half pound of pork, a large spoon of molasses, one teaspoon each of salt, sugar and mustard. Soak the beans over night; in the morning put them in fresh water and simmer until tender, but do not let them break to pieces; skim them out of this water into a quart bean pot. Mix molasses, sugar, etc., together in hot water enough to fill the pot; cut the rind of pork in squares and put it with the beans; as the water cooks away fill the pot with more, adding the last water within three hours of serving. *Cook slowly* from eight to ten hours, or longer.

Mrs. George Noyes.

**Pork and beans.**—Two quarts of beans soaked in water over night; in the morning, parboil them until tender; drain through a colander; boil a pound and a half of pork in three pints of water for half an hour. Then into this water in which the pork has been cooked, put the beans, and let them boil ten minutes; put into a baking dish; add one tablespoon of molasses; bake several hours. Miss Chambers.

**Note.**—Placing strips of salt pork all over the top of beans, in place of a piece in the centre, is preferred by many cooks.

**Boston Roast.**—Mash two cups of cooked kidney beans, add one-fourth pound of grated cheese, one cup of chopped nuts, one chopped pimento, one tablespoon of chopped cooked onion and enough bread crumbs to form into a roll. Bake in a moderate oven basting with butter and water. Serve hot with tomato sauce.

**Nut Loaf.**—One cup of rice boiled, one cup each of nut meats, cracker crumbs and milk, one egg, one and one-half teaspoons of salt, one-fourth teaspoon of pepper and one tablespoon of butter. Form into a loaf and bake. Mrs. Anna Bristow Kellas.

## ENTRÉES

An entrée is a dish served at dinner or luncheon between the regular courses. Formerly entrées came only between the two main courses but now much more latitude is given in their use. They often take the place of one of these courses even in formal luncheons. Meat, fish, eggs, vegetables and occasionally fruit are used in entrées. Many are made from "left overs" and there is no place in cooking where more skill can be shown than in the preparation of warmed over dishes. As entrées are served from the side they are usually shaped in individual portions, or if not so shaped are separated into portions before being passed. Hot entrées include croquettes, rissoles, fritters, soufflés, timbales, etc. Cold are aspics, chateaufroids, mousses, etc.

**Salmon Chops.**—One can of salmon, one-half cup of cream and one shredded wheat biscuit. Shape into chops with a stick of macaroni for bone. Put on ice for two hours. Roll in shredded biscuit crumbs, then in mixture of beaten egg and one tablespoon of water and again in crumbs. Place in basket and fry in hot lard. Serve with Tartare sauce.  
Mrs. Josephine Lawrence Porter.

**Shrimp Cutlets.**—To one cup of thick white sauce (see directions for croquettes) add one well beaten egg, one can of shrimps carefully picked over into small pieces and one teaspoon of lemon juice, paprika and salt to taste. Cool, shape into cutlets, egg-and-bread-crumbs and fry in deep fat; drain on soft paper and serve with Tartare sauce.

Mrs. John Lincoln.

**Lobster Cutlets.**—To one cup of thick white sauce (see directions for croquettes) add two cups of chopped lobster meat, one teaspoon of lemon juice, paprika and salt to taste. Shape into cutlets, egg-and-bread-crumbs and fry in deep fat; drain on soft paper and serve.

**Crabs à la Patrick.**—With pastry bag and tube form artistic baskets or cups with seasoned mashed potatoes on a buttered pan, place in oven till delicately browned. Remove from oven and fill with creamed crab meat. Sprinkle the top with buttered cracker crumbs, replace in oven till crumbs are browned and garnish with parsley. Any creamed fish may be used.

**Crabflake Timbales.**—To one and one-half cups of crabflakes, chopped fine, add three well beaten yolks of eggs, one-half teaspoon paprika,

two cups of thin cream. Then fold in whites of the eggs beaten stiff. Cook in moulds placed in boiling water till firm in the center. Serve with cream sauce.

**Tuna Fish in Ramekins.**—Remove fish from can and pour over boiling water, drain and pick fine. Make a sauce of two level tablespoons each of flour and butter, one-half teaspoon each of salt and pepper and a cup of milk or chicken broth. Add the fish and put in buttered ramekins, cover with crumbs mixed with melted butter and put in oven to heat and brown.  
Mrs. George Hawkins.

**Salmon Timbale.**—Scrape enough pulp from a raw salmon to make a cup and a fourth and pound in a mortar. Mix one-half cup of bread crumbs with two tablespoons of cream, stir on the stove till a smooth pulp, add fish, one-half teaspoon salt, a little paprika; pound and press through a purée sieve. Then add one unbeaten white of egg and pound, then another white, pound till smooth and put through the sieve. Fold in carefully the stiffly beaten whites of two eggs and a cup of cream whipped. Butter small timbale moulds, decorate with truffles or peas and fill with mixture. Place moulds on paper in a pan, pour in hot water and cook till firm. Unmould and serve with thin Hollandaise.

Mrs. Sarah Robb Taylor.

**Timbale of Halibut.**—Take a half pound of uncooked halibut. Cut it into fine pieces, pound it in a mortar and pass it through a sieve. Mix a cupful of white bread crumbs with a half cupful of cream, and stir until it makes a smooth paste; remove it from the fire, add the fish pulp, a half teaspoon of salt and a dash of paprika. Then beat in lightly, a little at a time, the whipped whites of five eggs. Fill buttered timbale molds with the mixture, and place them in a pan of hot water in a moderate oven for thirty minutes. This will fill a quart mold, or eight individual molds. Serve with a white or with a tomato sauce.

Mrs. Belding.

**Turbot à la Crème.**—Take a white fish or two pounds of halibut; steam or boil twenty minutes; break in flakes; remove the bones and sprinkle with salt and pepper. Take one quart of milk, three large slices of onion, a little parsley; put over the fire and boil one minute; mix four tablespoons of flour with one-half cup of butter, add a little milk and mix to a cream; then pour it into the boiling milk and stir and cook until it forms a thick cream; take from the fire; add the yolks of two well-beaten eggs, and strain through a coarse strainer. Put in a



buttered baking dish a layer of sauce and a layer of fish alternately until the dish is full, the sauce being on top; sprinkle with bread crumbs and bake one-half hour in a moderate oven. May be baked in shells.

Mrs. Sarah Robb Taylor.

**Deviled Crabs, Scallops, etc.** See "Fish."

**Oyster Patties.**—Fill patty-shells with creamed oysters.

**Chicken Timbales.**—To one cup of finely chopped chicken, add a fourth of a cup of softened bread crumbs, one-fourth teaspoon each of salt and pepper, two well beaten eggs and one and one-fourth cups of cream. Mix well and put in small buttered moulds, set in a pan on thick paper, surround with boiling water and bake till firm in the center. Unmould and serve with Béchamel sauce. Mrs. Arnold.

**Chicken in Timbale Cases.**—Blend two tablespoons each of flour and butter, add a cup of chicken broth, one-half cup of cream and cook till smooth. Then add a cup of cooked chicken cut fine and the same quantity of canned mushrooms cut in pieces. Season with salt and pepper and put in Swedish timbale cases. Mrs. George Hawkins.

**Chicken Timbale.**—Scrape enough meat from chicken breast to make a half cup. Put in a mortar with the white of an egg and pound well. Then press through a purée sieve. Soak some bread crumbs in milk, put in a pan and cook till it leaves the side of the pan. Add a half cup of this to the chicken, one egg, half teaspoon of salt, a little pepper and nutmeg. Beat all well and fold in lightly one-half cup of cream whipped. Butter timbale moulds, decorate with truffle and put in mixture to within a third inch of the top. Set in pan on thick paper, pour round hot water, cover and poach about eight minutes. Unmould and pour white sauce around. Mary Roland.

**Chicken Soufflé.**—Put one-half pound of raw chicken through meat chopper and pound in a mortar with yolks of two eggs. Add one-fourth teaspoon salt, little cayenne and put through a sieve. Then add a cup of white sauce, half a cup of cream whipped and whites of two eggs beaten stiff. Put in small buttered moulds, cover with buttered paper and poach about twenty-five minutes. Unmould and serve with a rich white sauce.

**Chicken à la King.**—Two cups of cooked chicken, one *small* can Spanish peppers, two slices of onion, one-half can of mushrooms, one stalk of celery, two tablespoons each of flour and butter, one cup of stock and one pint of cream. Melt the butter in a sauce pan, add the

flour, being careful not to let it burn. Put in the onion and celery and cook till tender. Then add slowly one cup of stock or milk and stir till perfectly smooth. Add cream and when thickened salt and paprika, then the chicken, peppers and mushrooms. May be served in Sucrush or chafing dish. If served in chafing dish add yolks of two eggs, if in Sucrush dish bake in oven twenty minutes.

Frank Davis, Elks Club, Malone, N. Y.

**Chicken Patties.**— see "Poultry".

**Bouchées.**— Small pastry shells filled with creamed meat are called bouchées.

**Rissoles.**— Roll puff paste one-eighth inch thick and shape with round cutter. Place a teaspoon of finely chopped seasoned meat moistened with thick cream sauce on each round, brush edge of half a round with water and fold over like turnover. Press edge together. Cook in oven or egg and crumb and fry in deep fat. Croquette mixture may be used.

**Boudins.**— One pint of cold chopped meat. One tablespoon of butter, two tablespoons of dried bread crumbs, one-half cup of stock or boiling water, two beaten eggs, salt and pepper to taste. Put all ingredients over the fire and stir until nicely mixed. Fill custard cups two-thirds full, stand in a baking pan half filled with boiling water, and bake in a moderate oven twenty minutes. When done turn carefully on a heated dish, and pour around them cream, or Béchamel sauce.

Mrs. Chipperfield.

**Boudins à la Reine.**— To every pint of finely chopped cooked chicken or veal allow one tablespoon of butter, half cup of cream, whites of three eggs and one tablespoon of chopped parsley, salt and pepper to taste. Melt the butter, add it to the chicken with the cream and seasoning, mix well, rubbing it to a paste with a spoon. Beat whites of eggs to a stiff froth and add carefully to the meat; fill cups two-thirds full and bake twenty minutes like custards in a pan of water. Serve with Béchamel sauce.

Mrs. George Hawkins.

**Ham Soufflé.**— Cook a slice of onion in a tablespoon of butter, add tablespoon of flour, stir till blended and add two cups of milk. Cook a few minutes and strain. Add a half teaspoon of paprika, half cup of bread crumbs, two cups of finely chopped ham. Stir well, add beaten yolks of three eggs and fold in whites. Put in buttered moulds, cook in hot water till firm, unmould and serve with tomato sauce.

**Creamed Sweetbreads.**—Prepare two pairs of sweetbreads according to directions (see "Meats"), then break into pieces and add one can of mushrooms. Squeeze over all the juice of one-half lemon. Put in a double boiler one cup of cream, one of real stock or juice of mushrooms, one small onion, a little mace and nutmeg. Put over fire and when hot stir in one tablespoon of flour which has been mixed with one and one-half tablespoons of butter. Let this cook slowly ten minutes. Then strain and add sweetbreads. Serve immediately.

Mrs. George Hawkins.

**Baked Stuffed Tomatoes.**—Make a cream sauce of one tablespoon each of butter and flour and one cup of cream. Into the sauce put one tablespoon each of chopped green pepper and chopped red pepper, then add two eggs well beaten. Stir in one can of crab meat. Hollow out firm ripe tomatoes of uniform size, salt, drain and fill with the mixture and bake slowly one-half hour.

Mrs. Lou Allen Jones.

**Cheese Timbales.**—Beat four eggs slightly and add three-fourths cup of water, one-third cup heavy cream, three tablespoons grated cheese, two and a half tablespoons of melted butter, one-half teaspoon salt, a little cayenne and a few drops of onion juice. Stir well and pour in buttered individual moulds, set in pan of hot water and bake till firm. Remove to a hot dish and pour around a bread sauce.

Fanny Merritt Farmer.

**Cheese Fondue, Cheese Ramekins, Gnocchi à la Romaine, etc.**—See "Cheese".

**Italian Macaroni.**—Cook macaroni. Have ready some grated cheese, chopped onion (enough to flavor), tomato and stock. Butter a dish and put in a layer of macaroni, cheese, some tomato, a little onion, some stock, butter, salt and pepper. Continue in this way until the dish is full, pour over one teaspoon of Worcestershire sauce. Then set the dish on the range; stir all thoroughly; take from the range, put a layer of cheese over the top and bake.

Mrs. George Hawkins.

**Fritter Batter.**—Beat the yolks of two eggs till light and lemon colored, add two-thirds of a cup of milk, one-fourth teaspoon of salt and pour over one cup of sifted flour. Beat well, then beat in one tablespoon of olive oil and place in refrigerator one hour or more. When ready to use fold in the stiffly beaten whites of two eggs.

**Banana Fritters.**—Peel and scrape bananas, slice each lengthwise and cut across making four pieces. Sprinkle with powdered sugar and lemon juice and let stand an hour before using. Drain, dip in batter and fry.

**Orange Fritters.**—Peel oranges and divide in sections, remove coarse fiber, sprinkle with powdered sugar, let stand awhile and drain well. Take a section on a fork, dip in batter till well covered and fry in deep lard.

Fresh peaches, apricots or pears may be used as above. Canned fruit may be used after draining.

**Fritter Sauce.**—Cream one cup of sugar and a half-cup of butter, add two teaspoons of vanilla, then a third of a cup of boiling water. Stir well and fold in a white of egg beaten stiff. Orange or lemon juice may be used.

Mrs. Sumner.

**Apple Fritters.**—One and one-third cups of flour, two and one-half level teaspoons baking powder, one-half level teaspoon salt, two-thirds cup of milk, one egg well beaten, two or three apples sliced thin. Sift together the flour, baking powder and salt, then add the milk and egg. Beat well and add the apple. Drop by spoonfuls into deep hot fat and cook until well browned and the apple is tender. Drain on brown paper and sprinkle with powdered sugar.

Mrs. Marshall Howard.

**Pineapple Fritters.**—Sift together one cup of flour, one teaspoon of baking powder and one-fourth teaspoon of salt, add three-fourths cup of milk and two well beaten eggs. Beat all ten minutes. Drop one-fourth slice of canned pineapple into one tablespoon of batter and fry in very hot fat.

**Sauce.**—Blend one tablespoon each of butter and flour, add one cup of pineapple juice and juice of half a lemon and cook till smooth.

Julia B. Lawler.

**Queen Fritters.**—Put one-fourth cup of butter (scant) in a sauce pan and pour on half cup of boiling water. As soon as it boils add one-half cup of flour and stir constantly until mixture leaves sides of the pan cleaving to the spoon. Remove from fire and add two unbeaten eggs, one at a time, beating mixture thoroughly between addition of eggs. Drop by teaspoonful in deep fat and fry till they expand to mere shells. Drain, make an opening and fill with preserves or marmalade, sprinkle with powdered sugar and serve on folded napkin.

Mrs. Gertrude Skinner Washburn.

**Corn Cakes or Fritters.**—One dozen ears of grated corn, five tablespoons of thick sweet cream, two tablespoons of flour, yolks of two eggs, whites of three well-beaten eggs with a little salt. Do not turn them on the griddle until they are thoroughly cooked through, as it requires more time than for common griddle cakes. Fry in butter. This batter can be dropped into hot lard and fried, thus making corn fritters.  
Mrs. Ralph.

**Corn Fritters.**—To one well-beaten egg add one-half cup of milk, one cup each of flour and corn, two teaspoons of salt, few grains of cayenne, and a tablespoon of olive oil. Drop by spoonfuls into deep fat, fry six to eight minutes, drain and serve hot.  
Mrs. Willard H. Ames.

**Chicken Mousse Salad.**—One cup of hot chicken stock, add two teaspoons granulated gelatine, soak in two tablespoons cold water; add one cup of cold chicken, chopped fine, cup of whipped cream, whites of two eggs beaten stiff, one-half teaspoon salt, paprika and celery salt, two tablespoons chopped olives. Chill in mould from two to three hours and serve with cream or Mayonnaise dressing.

Miss Frances Dorrance.

**Cold Asparagus Mousse.**—From a bunch of asparagus, cut off enough tips to line eight small molds. The tips may be set close together or a little distance apart and should be cut to the exact height of the molds. Tie these together and cook as usual until just tender. To the water in which tips are cooked add the rest of the asparagus, a cup of chicken broth or water, two slices of onion, two cloves, three slices of carrot and a half teaspoon of sweet herbs, cover and cook till asparagus is tender, then remove everything from the water except asparagus and press through a sieve. There should be one cup of pulp and liquid, if more let it evaporate by slow cooking. Soften one tablespoon of granulated gelatine in one-fourth cup of cold water and set dish in boiling water to dissolve gelatine. Add gelatine, one-half teaspoon of salt and one-fourth of paprika to the purée—stir occasionally while cooling, when it begins to thicken fold in a cup of heavy cream which has been beaten stiff. When all is stiff enough to hold its shape fill the lined molds. When cold, serve unmolded on crisp lettuce with French dressing.  
Mrs. Janet M. Hill.

**Aspic Jelly.**—Soften two ounces of gelatine in cold water, pour over five cups of hot consommé, stir, strain and pour into molds.

**Jellied Cutlets.**—Cut cold boiled fish into flat even pieces for serving. Lay them in a pan, leaving spaces between, place on each a thin slice of hard boiled egg and pour over enough aspic to just cover (a little lemon juice in the aspic). When the jelly is set, cut apart with a sharp knife. Serve garnished with creamed horseradish sauce and parsley.

Mrs. Arnold.

**Chaufroid Sauce.**—For covering galantine of chicken, sweetbreads, etc., that are to be served cold.—To a pint of white or Béchamel sauce while hot, add two tablespoons granulated gelatine which has been softened in cold water. Stir till gelatine is dissolved, strain and use as soon as it begins to thicken. Fill any uneven places on the meat with sauce before covering so that when finished it may have a smooth, even surface. Use tomato sauce when a red color is desired. Mayonnaise dressing is sometimes used in place of sauce.

**Chaufroid of Chicken.**—Cut cold cooked chicken in cutlets and chill. Cover with tomato chaufroid sauce and decorate with truffles. When set, pour over liquid aspic beginning to thicken and set aside to chill. On a platter arrange a bed of lettuce, in the center pile cold cooked asparagus tips marinated with French dressing. Place the cutlets around this.

**Chaufroid of Sweetbreads.**—Cut cooked and chilled sweetbreads in halves and cover with chaufroid sauce. Decorate with truffles and the white of hard boiled eggs. Pour over liquid aspic beginning to thicken and let chill. Serve with lettuce salad.

Mrs. George Hawkins.

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**Swedish Timbale Cases.**—Batter No. 1.—To one beaten egg, add one-half a cup of milk, a half teaspoon of salt and stir this slowly into three-fourths of a cup of flour, beat well and add two teaspoons of olive oil. Let stand an hour or more before using.

Batter No. 2.—Two yolks of eggs, one-half cup of milk, three-fourths cup of pastry flour and one-half teaspoon of salt. Prepare as above and let stand two hours.

Plain and fluted irons mounted on long handles are used for shaping timbale cases. To use, have fat deep enough to cover the iron. Put it in the melted fat and let the two heat together. Then drain and dip in the batter—held in a small cup—to a little more than half its height. Put the iron at once in the fat covering the whole cup and keep there till the batter is crisp and light colored, then remove from the



iron and turn upside down to drain. If the cases are soft rather than crisp, batter is too thick and must be diluted with milk.

Cases made from moulds in the form of clubs, spades, etc., are ideal for card parties.

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**Pastry Bag.**—A pastry bag is easy to handle and of great utility where ornamental dishes are desired. In placing soft materials as whipped cream, icings, Mayonnaise, vegetable purées, etc., it is indispensable. To use, place the tube, turn back the upper edge of the bag and put in the preparation. With the right hand carefully twist the bag above the contents, guide the tube with the left hand and force out the contents by slight pressure with the right hand, while holding the tube vertically, horizontally or at any angle according to the design to be made.

## CROQUETTES

**General Directions.**—One tablespoon of butter; one teaspoon of onion juice, if desired; two tablespoons of flour; one teaspoon of salt; one cup of cream; one-fourth teaspoon of pepper; one egg; dash of cayenne; dash of nutmeg. Put the cream into a double boiler and scald. Rub the butter and flour together, add to the cream and stir until the sauce is thick, add seasoning, remove from the fire, and stir in the beaten egg, cook a moment, then add one pint finely chopped meat. Stir thoroughly, and pour on a platter to cool. Let stand two hours or more. Have ready a beaten egg, then take a tablespoon of the mixture, roll lightly between the hands into a ball. Have plenty of sifted crumbs on a board, roll the ball lightly on the crumbs into the shape of a cylinder, then drop in the egg and roll again in the crumbs. When the lard is hot (see directions for frying), dip frying basket in lard to grease, take out and lay in the basket four or more croquettes and immerse in the hot fat to cook to a delicate brown. Take from the basket and place on a brown paper in the heater until ready to serve.

**Directions for Frying.**—Use good sweet lard in a deep kettle. Substances which are moist as fish balls, croquettes, oysters, etc., should be first dipped in beaten egg, then rolled in sifted bread or cracker. A quantity of this can be prepared and kept ready for use. The temperature of the fat for frying should be high enough to brown a bit of bread in half a second. Use frying basket. If preferred use olive oil or cotton-seed oil instead of lard.

**Chicken Croquettes.**—One pint of cream come to a boil; thicken with two even tablespoons of butter and four heaping tablespoons of flour. Season with one-half teaspoon of salt; a *few grains* of cayenne pepper. The sauce should be very thick; add a beaten egg just as it is taken from the fire. One-half pound of cooked chicken minced very fine; season with one-fourth teaspoon of salt; one teaspoon each chopped parsley, lemon juice and chopped celery, stir into the hot sauce; mix thoroughly; spread thin on a platter until perfectly cold and stiff. Shape croquettes, roll in the beaten white of an egg and cracker dust, and fry.

One four-pound chicken makes twenty-six croquettes.

Mrs L. C. Wead.

**Veal Croquettes.**—Same as chicken.

**Royal Croquettes.**—One-half pint of cooked breast of chicken, chopped fine; one-half pint of cooked sweetbreads cut fine. One gill of minced mushrooms. Follow "General Directions" given for making croquettes, adding a little lemon juice. Mrs. George Hawkins.

**Sweetbread Croquettes.**—One pair of sweetbreads prepared according to directions (see "Meats"). Make a cream sauce of the following: one tablespoon of butter, one gill of sweet cream, one-fourth teaspoon of white pepper, two tablespoons of flour, one of chopped parsley. When this is cooked, take from the fire, add the sweetbreads, salt to taste, parsley, and if you like, two teaspoons of chopped mushrooms, mix well and turn out to cool. They should stand at least five hours in a cool place to form nicely, then form into croquettes. Dip first in egg and then in bread crumbs and fry in boiling fat. Miss Alice Watkins.

**Oyster Croquettes.**—Boil twenty-five oysters in their liquor five minutes, drain and cut fine with a silver knife and drain again. Make a cream sauce out of one tablespoon of butter, two of flour, one gill of oyster liquor and one gill of cream, when cooked add oysters and beaten yolks of two eggs. Cook a moment, take from the fire and add a tablespoon of chopped parsley, ten drops of onion juice, a grating of nutmeg, salt and pepper to taste. Spread on a platter and follow "General Directions" for croquettes. Miss Jean Hawkins.

**Oyster Croquettes.**—One pint of cream, one tablespoon of butter, four large tablespoons of flour, salt and pepper to taste. Parboil one pint of oysters, drain and cut into quarters and mix with the cream sauce. Drop a spoonful into the crumbs, roll in eggs then in crumbs again, repeat the eggs and crumbs and fry in very hot lard.

Mrs. Grace Munger Cantwell.

**Crab Croquettes.**—Shred enough crabmeat to make one pint. Make a sauce of one cup of cream, one tablespoon butter and two of flour and beaten yolks of two eggs. Add a hard boiled egg chopped fine, level teaspoon salt, one-half of onion juice and pinch of cayenne pepper. Stir in crabmeat; pour on platter and when cold, crumb and fry in deep fat. Mrs. George Hawkins.

**Lobster Croquettes.**—To one cup of hot white sauce (see directions for croquettes) add two cups of finely chopped lobster meat and one teaspoon lemon juice. Stir all together, pour on platter to cool. Then shape, roll in crumbs, eggs and crumbs and fry. Serve with tomato sauce or any sauce desired.

**Fish Croquettes.**—To two cups of cold finely flaked haddock or any cooked fish, add one cup of hot white sauce (see directions for croquettes). Stir well pour on platter to cool, shape and fry in deep fat. Drain, arrange on hot dish and garnish with parsley.

**Potato Croquettes.**—Beat the yolks of four eggs light and add to five cups of freshly mashed potatoes; mix well, then add two tablespoons of chopped parsley, one-fourth cup of cream, one teaspoon of onion juice, salt and pepper to taste. Mix well, stir over the fire until potato is heated through; cool, form into croquettes, dip in egg and crumbs and fry in smoking hot fat. Huntingdon Cook Book.

**Rice and Meat Croquettes.**—One cup of boiled rice, one cup of finely chopped cooked meat, any kind; one teaspoon of salt, a little pepper, two tablespoons of butter, half a cup of milk, one egg. Put the milk on to boil, add the meat, rice and seasoning. When this boils, add the egg, well beaten, stir one minute. After cooling, shape, dip in egg and cracker crumbs and fry in hot lard.

**Rice Croquettes.**—One large cup of cooked rice, half a cup of milk, one egg, one tablespoon of sugar, one of butter, half a teaspoon of salt, a slight grating of nutmeg. Put the milk on to boil, and add the rice and seasoning. When it boils up add the egg, well beaten. Stir one minute then take off, spread on platter to cool. When cold, shape, roll in egg and cracker crumbs and fry in hot lard. Mrs. W. H. King.

**Macaroni Croquettes.**—Cook three ounces (about twelve sticks), of macaroni and cut into one-fourth inch pieces. Rub one large tablespoon of butter and two of flour to a smooth paste and stir into one-half pint of boiling milk. Stir until a thick paste is formed, and add two generous tablespoons of grated cheese, the yolks of two eggs and cook a moment; add the macaroni, salt and pepper to taste and spread on platter to cool. Proceed as for any croquette. Serve with tomato sauce. Mrs. George Hawkins.

**Cheese Croquettes.**—Three tablespoons of butter, one-fourth cup of flour, yolks of two eggs, two-thirds of a cup of milk, one and one-half cups of mild cheese grated, little salt and white pepper, dash of cayenne. Make a thick sauce of the butter, flour and milk, add yolks of the eggs unbeaten; when well blended add cheese. As soon as the cheese melts remove from the fire, add seasoning, spread in a shallow pan to cool; then cut in strips one-half inch thick and three inches long, dip in crumbs, eggs and crumbs again. Fry in deep fat. Serve for a cheese course. Miss Mary Fay.

**Egg Croquettes.**— Make a sauce of one tablespoon of butter, two of flour and one pint of milk; when cooked stir in carefully the beaten yolk of an egg. To the sauce add the finely chopped whites of six hard boiled eggs and the mashed yolks; salt and pepper to taste. Stir all together and when cool proceed as for any croquette. Serve with Tartare sauce.

**Salmon Croquettes.**— One can of salmon, picked fine, nine crackers rolled fine, three eggs well beaten, two tablespoons of butter, salt, milk to make *very* soft. Shape, roll in cracker crumbs and fry in hot lard.

Mrs. Agnes Haskell Seaver.

**Sweet Potato Croquettes.**— To two cups of hot riced sweet potatoes add three tablespoons of butter, one-half teaspoon of salt, a few grains of pepper, and one beaten egg. Shape in croquettes, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

## SALADS

All kinds of meat and fish used for salad should be set on the ice in a marinade of French dressing.

Salad dressing may be varied by using vinegars of different flavors such as tarragon, celery, etc.

Rubbing a cut onion around the inside of a salad bowl is sufficient when only a slight onion flavor is desired. Lettuce should never be cut but broken or torn apart.

The garnishes should be of the lightest and freshest kind. In arranging a salad, handle it very lightly and never use pressure to get it into form. The white leaves of the celery, the heart of the lettuce head, or the new leaves of the nasturtium make pretty garnishes.

When radishes are used, wash round red ones, cut off the leaves and root, and with a sharp knife cut down the outer skin in five or six sections, beginning at the root end and taking care not to separate the petals so formed from the base. Then throw into iced water for an hour or two when each radish should be firm and crisp, with the petals standing out distinctly.

To fringe celery for a garnish cut the stalks into two inch pieces. Beginning on the round side and at one end cut down half an inch, making as many thin slices as possible. Turn the stalk, and cut the opposite end in the same way. Set the pieces in very cold water with a little lemon juice and the shreds will curl over and meet in the center of the stalk.

As a rule, subject, however, to exceptions, light vegetable salads dressed with French dressing are served at dinner; while heavy meat or fish salads are used for luncheon or supper and are served with Mayonnaise or cream dressing.

**Lettuce, How to Keep.**—Wash, drain from all water and place in a napkin or a covered pail, and put on the ice in the refrigerator. It will keep fresh several days. Celery can be kept the same way.

**Mayonnaise Dressing, No. 1.**—To the yolks of three eggs (raw) add a little oil, a pinch of salt, beat with silver fork on platter until it thickens. Repeat this until you have it salt enough and quite thick (as the vinegar will thin it). Add the oil gradually, beating all the time. Add at last juice of lemon or vinegar with a little mustard and red



pepper to taste. Add two tablespoons of cream, whipped, or the stiffly beaten white of one egg. Put in a cool place until ready to use. You can use Mayonnaise mixer in place of fork. Mrs. Breed.

Note.—If Mayonnaise dressing should separate, take a fresh yolk and add very gradually the separated dressing beating all the time; this will restore it to the right consistency.

All Mayonnaise used with fruit salad is improved by adding whipped cream.

**Mayonnaise Dressing, No. 2.**—To the yolks of three or four eggs, *raw*, add a few drops of oil at a time, alternating with an occasional drop of lemon; stir constantly in a deep bowl, with a wooden spoon, in *one* direction; stir constantly, and add the oil gradually, putting in the lemon when it tastes of too much oil; add, at last, a little salt, mustard and red pepper. To three or four eggs, add half a bottle of oil, to one and one-half lemons; a whole bottle to three lemons. When finished it should be thick and creamy. Mrs. L. C. Wead.

**Mayonnaise Dressing, No. 3.**—One level teaspoon each of salt, powdered sugar and mustard, one-fourth teaspoon paprika or white pepper, two tablespoons each of lemon juice and vinegar, yolks of two eggs, and one coffee cup of oil. Thoroughly chill the oil, bowl and spoon before beginning the dressing. Mix dry ingredients in a bowl, add yolks, mix well, add the oil a drop at a time at first. Stir constantly and as the mixture thickens, thin with lemon juice and vinegar used alternately. Then add more oil in larger quantities until all is used, then the well-beaten whites of the eggs. All lemon juice may be used. If the mixture should curdle it is because the oil has been added too rapidly and may be remedied by taking another egg yolk and adding the curdled mixture to it slowly. Mrs. Helen Willard Lillis.

**Mayonnaise Dressing.**—Two egg yolks, one-half teaspoon each of salt and pepper, one-fourth teaspoon of mustard, four tablespoons vinegar or lemon juice, two cups olive oil, four tablespoons boiling water. Beat the yolks, add seasonings and beat again; then beat in the vinegar or lemon juice (use an egg beater) add one teaspoon of oil and continue beating; add oil, a teaspoon at a time, four or five times, beating vigorously meanwhile, then add oil by the tablespoon till all has been used. Finish with the boiling water, beating it in like the oil. Cover and store in a cool place. American Cookery.

**Whipped Egg Fruit Dressing.**—To the white of one egg allow a tablespoon of olive oil. Whip first the egg, adding oil gradually as in

Mayonnaise. Flavor with lemon juice, salt, cayenne, etc., as for Mayonnaise, or substitute pure fruit cordials; failing these, use a pure fruit syrup, fresh or preserved. Fletcher-Berry.

**Cooked Dressing.**—Add the well-beaten yolks of five eggs to five tablespoons of vinegar, cook until stiff, be careful to stir clean from the sides of the bowl while cooking. Remove from the fire, add one tablespoon of butter and stir until cool and perfectly mixed. When quite cold season to taste with salt, pepper (also mustard when making this dressing for cabbage salad), then with whipped cream to the required consistency, just before using. Mrs. Edward Lawrence.

**Cream Dressing, No. 1.**—Two eggs, one teaspoon of salt, one-fourth of a teaspoon of mustard, one-fourth of a teaspoon of white pepper. Butter the size of a lemon. Three tablespoons of vinegar. Cook slowly until it thickens, stirring all the while. Add one cup of sweet cream whipped before pouring over the salad. For cabbage salad use one-half a cup of vinegar and cook cream in the dressing. Mrs. W. H. King.

**Cream Dressing, No. 2.**—The yolks of two eggs, one cup of vinegar, one teaspoon each of mustard and salt, three teaspoons of sugar, butter the size of an egg. Stir all together and cook in double boiler until the mixture thickens. When cold add beaten whites of the eggs mixed with one cup of whipped cream. Miss Florence C. Mallon.

**Cream Dressing, No. 3.**—One-half cup of vinegar (if strong add two tablespoons of water), two tablespoons of butter, two teaspoons of salt, a little red pepper. Heat the vinegar hot, add the butter, pepper and salt, put in three well-beaten eggs, stirring quickly. When thick set away to cool. When ready to serve the salad, add one cup of cream, whipped. Mrs. H. D. Thompson.

**Cream Dressing, No. 4.**—Boil together two-thirds of a cup of vinegar of medium strength, a piece of butter size of a walnut and two tablespoons of sugar. Beat the yolks of four eggs well; add one-half teaspoon of mustard, same of white pepper. Pour the boiling vinegar, etc., slowly on the eggs, beating all the while. Then put it in a double boiler and cook for a few minutes until it thickens. When ready to use add one part of the dressing to three parts whipped cream. For a fruit salad a little more sugar may be added to the cream.

Mrs. Winifred Dustin Doremus.

**Sour Cream Dressing.**—One cup of thick sour cream, small piece of butter, one whole egg or two yolks, well beaten, one-half teaspoon of

mustard, two teaspoons of tarragon vinegar, one-half teaspoon of salt, a dash of white pepper and one tablespoon of sugar. Cook till quite thick, stirring constantly. Place in a glass jar and keep in a cool place. When used add a little whipped cream.

Mrs. Emilie McClary Woodbury.

**Salad Dressing.**—Beat one egg; add juice of one lemon, salt, pepper, and a little sugar. Thicken over steam, and add two tablespoons of whipped cream, sweet or sour.

Mrs. Anna Heath Conant.

**Salad Dressing with Lemon.**—Put three cups of milk in double boiler with a piece of butter size of a walnut. When hot add the yolks of two eggs and one tablespoon of flour beaten thoroughly and cook until the consistency of cream. When cold add one level teaspoon of mustard, three tablespoons of sugar, two teaspoons of salt, the juice of one lemon and a half a cup of vinegar. Strain through a fine sieve, This makes about one quart of dressing which will keep for weeks in a cool place. Add whipped cream when using.

Mrs. N. M. Marshall.

**French Dressing, No. 1.**—Dissolve a teaspoon of salt, as much pepper as desired, a little red pepper in oil. Then add about one-half cup of oil, beating it thoroughly, adding vinegar to taste, with a little lemon juice.

Mrs. O. L. Chapin.

**French Dressing, No. 2.**—Into a small fruit jar, put one-half teaspoon salt, one-fourth of paprika, six tablespoons of oil, two of lemon juice or one each of plain and tarragon vinegar. Put on the rubber and the cover and shake vigorously to emulsify. These ingredients may be put in a glass bottle suitable for the table and emulsified there.

Mrs. George Hawkins.

**Peanut Butter Dressing.**—Blend well a tablespoon of peanut butter with three tablespoons of oil and two teaspoons of vinegar, add salt and pepper as needed. Use with lettuce or apples on lettuce.

Mr. Spaulding.

**Italian Dressing.**—One-half teaspoon of salt, mashed clove of garlic, saltspoon of white pepper, teaspoon of tomato catsup. Stir these thoroughly together then add gradually four tablespoons of olive oil and add one tablespoon of tarragon vinegar. Beat well and pour over dinner salad.

Mrs. Chippersfield.

**Thousand Island Dressing.**—Put in a pint can one cup of olive oil, the juice each of half a lemon and orange, a teaspoon of grated onion,

half a teaspoon of salt, a fourth of paprika, a level one of mustard and one of Worcestershire Sauce. Put on rubber and cover; shake till well mixed and creamy. Then pour at once over salad. Suitable for peas, endive, tomato or any green salad.

**Russian Salad Dressing.**—To a very stiff Mayonnaise, add Chili sauce to thin and suit taste. Especially good on halved lettuce hearts or endive.  
Mrs. Gertrude French Hale.

**"Oscar's" Dressing.**—Add to one cup of Mayonnaise one well cooked or canned sweet red pepper chopped (not too fine), one tablespoon of chives chopped, two tablespoons Chili sauce and one tablespoon of tarragon vinegar. Mix all together thoroughly.

Mrs. Gertrude Massey Barse.

**Dressing for Fruit.**—Whip one cup of thick sweet cream, add one-half cup of granulated sugar, stir well and very gradually add the juice of one lemon and one teaspoon French mustard. Miss Kate Palmer.

**Lettuce Salad.**—One head of lettuce, one hard-boiled egg, one-half teaspoon of salt, a small mustard spoon of mustard, two good tablespoons of oil, one tablespoon of vinegar, and one tablespoon of mashed potatoes. Rub the yolk and potato to a cream, add salt, mustard and oil, beat well in the vinegar. Place the lettuce in a bowl with a thin slice of onion and the white of the egg, sliced. Add the dressing and mix by tossing with a fork.  
Mrs. H. E. King.

**Lettuce Salad.**—Pick over the lettuce carefully rejecting all wilted or bruised leaves. Throw it into ice-cold water for at least half an hour before serving, dry between two napkins and arrange the leaves in the salad dish, which has been rubbed with a little onion, the larger ones around the edge and the smaller ones in the center. Serve with French dressing.

**Lettuce Salad.**—Take heart heads of Boston lettuce, wash thoroughly and drain. Cut each head in quarters not cutting quite through. Place a head on service plate and pour over the following. To one cup of French dressing add one tablespoon each of fine chopped green and red pepper and onion, put all in a pint can and shake well for a minute and dip over the lettuce with a spoon so that the dressing may be evenly distributed over and between leaves.

**Romaine Salad.**—Separate one head of romaine in quarters, put sections on individual plates. Arrange on each, sections of grape fruit,

oranges and pears, using two of each. Place at ends pickled walnuts and serve with French dressing. Mrs. Janet Allan.

**Cabbage Salad.**—Chop fine one-half cabbage and dress with the following:

*Dressing.*—Two tablespoons of melted butter, one heaping tablespoon of flour, two-thirds of a cup of milk, one-half cup of vinegar, one egg, one teaspoon of salt, one of mustard, a little pepper and one-half teaspoon of sugar. Rub butter and flour together, add milk very gradually stirring all the time. When hot add other ingredients which have been mixed. Stir until cooked thick. When cold add one cup of cream, whipped, and oil to taste. Mrs. Isaiah Gibson.

**Shredded Cabbage Salad.**—Shred fine (with all hard part taken out) one-fourth head of cabbage. Chop fine one-half green pepper and one-fourth of an onion, add to cabbage and dress with French dressing just before serving. Ida Mitchell.

**Cabbage Salad.**—Chop fine three cups of cabbage, one cup of celery, one-half small Spanish onion and dress with Cream Dressing No. 1.

**Pineapple and Cabbage Salad.**—Cabbage salad is much improved by adding three or four slices of chopped pineapple to each quart.

Miss Mattie P. Harwood.

**Eastern Star Salad.**—Five quarts of finely shredded cabbage, three pint cans of French peas, one-half of a small can of pimientos chopped, two tablespoons of chopped onion. Use cream dressing and serve on lettuce leaves. This amount for fifty plates.

Mrs. Nettie Knapp Fell.

**Vegetable Salad.**—Slice one cucumber very thin and let stand in cold water one-half hour before using. Drain the cucumber and add it to one can each of French peas and beans drained; place all in a dish and moisten well with French dressing. One bunch of radishes sliced thin, also three small tomatoes sliced. In a salad dish place a layer of the cucumber mixture and on top a few pieces of the radishes and tomatoes, repeat until the vegetables are all used. Garnish with white leaves of lettuce. Pour over French dressing, No. 1. Mrs. O. L. Chapin.

**Vegetable Salad.**—Pare one large green cucumber, one small onion, add one-half green pepper, stock of celery if desired, chop all together, add one cup of finely chopped cabbage and moisten well with French dressing. Serve very cold.

Vegetables may be shredded and placed on lettuce leaves.

**Brussels Sprouts.**—Boil and drain one pint of sprouts. Chill and sprinkle with chopped onion, capers and walnuts in equal parts, two teaspoons of lemon juice, stir all together. Place on lettuce and pour over Mayonnaise. Garnish as desired.

**Cauliflower Salad.**—Cook cauliflower in salted water and separate flowerets. When thoroughly cold pour over Italian dressing and serve.

Mrs. Chipperfield.

**Asparagus Salad.**—Select tender stalks of asparagus, boil, set away to cool. Just before serving lay on a platter, pour over French or Mayonnaise dressing.

Mrs. W. H. King.

**Carrot Salad.**—Wash and scrape carrots, not old. Put them through an almond grater and put in refrigerator until ready to use. Then place on crisp lettuce two tablespoons or more of the carrot in a small mound, mask with Mayonnaise and serve.

Mr. Sherwood P. Snyder.

**Bean Salad.**—Boil whole string beans, cool and serve the same as asparagus.

**Bean Salad.**—Arrange lettuce leaves in dish, put in the center a pint of French beans. Cover the top with English walnuts (cooked if you prefer). Pour over enough French dressing to make as moist as you like.

Mrs. Breed.

**Celery Salad.**—Cut in inch lengths crisp celery. Let it be cold and just before serving mix with Mayonnaise or cream dressing.

Mrs. Mary Parmelee Olney.

**Cucumber Salad.**—Pare and cut cucumbers in thin slices; put in ice water until ready to serve. Drain and place in bowl with ice and serve with French dressing. Thinly sliced onions may be mixed with the cucumbers, if desired.

**Cucumber Boats.**—Pare medium sized cucumbers and cut through the center lengthwise and scoop out the seeds; place in a pan of ice water until ready to serve. Prepare a salad of tomatoes and cucumbers, cut in small cubes, with Cream Dressing No. 1 and fill the boats with the salad just before serving and garnish with nasturtiums.

Mrs. Emilie McClary Woodbury.

**Waldorf Chiffonade Salad.**—Arrange on salad dish one head of lettuce, one head of chicory or escarolle, two small beets, two hard-boiled eggs, two boiled potatoes cut in pieces, a little celery sliced thin, and two fresh tomatoes sliced on top. Pour over French dressing just before serving.

Mrs. William C. Breed.



**French Endive.**—Serve on plates with French dressing.

**French Endive.**—Cut rings from a green pepper and put three or four stalks of endive in each ring. Place on individual plates and put some pimento on the endive and sprinkle over a few pearl onions. Pour over French dressing.

Miss Jean Hawkins.

**Illinois Salad.**—Bread, olives, tomatoes, eggs, celery, stuffed olives and cream dressing. A slice of bread of medium thickness, butter thinly, cover with one slice of ripe tomato of same thickness as bread, or one slice (if tomato be smaller), on each diagonal half, on one diagonal half place minced olives, one-half being covered with finely cut celery, rice the egg over the top, use the dressing, garnish each plate with stuffed olives or nasturtiums.

Mrs. Robert Stevens.

**Potato Salad.**—Cut cold boiled potatoes in one-half inch cubes. Sprinkle four cupfuls with one-half teaspoon of salt and one-fourth teaspoon of pepper. Add four tablespoons of oil and mix thoroughly, then add two tablespoons of vinegar. A few drops of onion juice may be added or a small piece of onion finely cut. Arrange in a mound and garnish with whites and yolks of two hard-boiled eggs, cold boiled red beets and parsley. Chop whites and arrange on one-fourth of the mound; chop beets finely, mix with one tablespoon of vinegar, and let stand fifteen minutes; then arrange on fourth of mound next to whites. Arrange on remaining fourth of mound, yolks chopped or forced through a potato ricer. Garnish with parsley.

**Potato Salad.**—Use Cream Dressing No. 3. Cut two quarts of boiled potatoes in cubes. One cup of celery, four hard-boiled eggs, a little onion (scraped). Put these in alternate layers with the dressing, mix with a silver fork. (This will serve twelve people.)

Mrs. H. D. Thompson.

**Potato Ball Salad.**—Mix cold mashed potato with a few drops of onion juice, a spoonful of fine chopped parsley, black or red pepper to taste, and a little salad dressing. Shape into balls the size of a hickory nut; garnish with white hearts of lettuce or with thin slices of cucumber and serve with Mayonnaise.

**German Potato Salad.**—Take three warm boiled potatoes, medium size, and slice. Dice three medium size sour pickles, one teaspoon chopped onion. Three slices of bacon, cut in dice, put in spider and fry crisp. Mix potato, onion, etc., with the bacon. Season with pepper and salt. Stir well and serve hot.

Mrs. H. C. Putnam.

**The Shurtleff Salad.**—"I cut the cold potato in small pieces, I chop some cold beets or a few pieces, quite fine. One small onion, I also chop fine; then I put the potato, beet and onion all together on a dish large enough to allow for mixing up. Then I put in salt, pepper, a little vinegar and a *good deal* of oil and mix thoroughly together. I then taste of it and if it doesn't taste just as I like it, I add salt or oil or whatever it seems to need. In their season I add thinly sliced cucumbers."

Keene Valley.

**Tomato Salad.**—Cut six ripe tomatoes in slices, sprinkle on each layer a little pepper and salt and pour over them a mixture of oil and vinegar in the proportion of two tablespoons of oil to one of vinegar, sprinkle a very little chopped onion over the top and leave them in the dressing two hours before serving.

Mrs. W. H. King.

**Tomato Salad.**—Take firm medium sized tomatoes, cut each in quarters, not cutting quite through the tomato—letting quarters fall apart, place on heart lettuce leaves, fill center with Mayonnaise and serve.

**Tomato and Cucumber Salad.**—Put lettuce in a dish, then slice thin, tomatoes, cucumbers and a very little onion. On top of this put shredded green peppers. Over all pour French dressing.

Mrs. Frederick J. Seaver.

**Tomato Salad.**—Peel firm medium sized tomatoes. Cut a slice from one end, remove seeds, sprinkle inside with salt and chill one hour. Pare small crisp cucumbers, a small onion and cut in dice; also a stalk of celery. Mix together with French dressing. Drain tomatoes and fill with the mixture. Place on lettuce and pour over Mayonnaise.

Miss Jean Hawkins.

**Timberlake Salad.**—Prepare tomatoes as above. Fill with a mixture of one cup of boiled rice, one-half cup each of walnut and pecan nuts chopped, one cup of American cheese cut fine and mix all together with Mayonnaise. Place a teaspoon of Mayonnaise on top with a whole nut meat in the center.

"Dame Curtesy."

**Macaroni Salad, No. 1.**—Take cold boiled macaroni, celery and olives. Marinate in French dressing seasoned with onions. Arrange on lettuce and cover with Mayonnaise.

**Macaroni Salad, No. 2.**—To cold macaroni add chopped green pepper. Season with onion and pour over French dressing.

**Onion Salad.**—An attractive dish is made with deviled eggs cut in half and served on a platter of ringed onions. The onions are cut in thin slices which can be taken apart, making countless little rings. Arrange these around the eggs and add a few olives to the dish. Served with French dressing.

**Chicken Salad.**—Take equal parts of cold boiled chicken and celery. Cut in dice shape. Marinate meat and when ready mix with celery and pour over it Mayonnaise or cream dressing. Use Cream Dressing No. 1.  
Mrs. W. H. King.

**Veal Salad.**—Same as chicken.

**Sweetbread Salad.**—Cut cold cooked sweetbreads into dice and mix with an equal quantity of celery. Cover with Mayonnaise or cream dressing and garnish with lettuce.

**Sweetbread Salad.**—Two sets of calves' sweetbreads cooked until tender in slightly salted water, take off and put into cold water until cool, remove all outside covering and break into small pieces and set on ice until thoroughly cold. Then mix with this as much celery, cut into small pieces, as you have sweetbreads. One teacupful of English walnuts chopped small. Mix with Mayonnaise dressing.

Mrs. Edward Lawrence.

**Fish Salad.**—Take any cold, boiled, fresh fish and separate carefully; stir lightly with a little Mayonnaise; make nests of crisp lettuce leaves, put a large spoonful of the mixture on each leaf with a spoonful of Mayonnaise on top.

**Oyster Salad.**—Boil twenty oysters in their own liquor five minutes, drain, wash in cold water and marinate in French dressing, drain, mix with one-half cup of Mayonnaise and serve on crisp lettuce.

**Shrimp Salad.**—Take equal parts of shrimps, celery and Malaga grapes. Dice the celery, peel and seed the grapes and marinate the shrimps an hour before using. Mix with Mayonnaise dressing and serve on lettuce with a spoonful of Mayonnaise. Mrs. Ella Jackson.

**Shrimp Salad.**—Put can of shrimps in cold water, break in pieces, removing dark strings and marinate in French dressing for an hour. Drain, add an equal quantity of diced celery and place on lettuce. Pour over Mayonnaise and sprinkle over a few capers.

**Salmon Salad.**—Marinate the contents of a can of salmon for an hour. Drain, place on crisp lettuce and put groups of cooked peas

seasoned with French dressing around it with lettuce between the groups. Pour over French dressing. Or take equal parts of salmon and diced celery, place on lettuce, mask with Mayonnaise and sprinkle over capers.

Mrs. Janet Allan.

**Salmon and Cucumber Salad.**—Upon a piece of cold, boiled salmon arranged on lettuce leaves, place a layer of very thinly sliced cucumbers and garnish with nasturtium blossoms. Serve with French dressing.

Marion Harland.

**Tunny Fish.**—Pour boiling water over a can of fish, drain and cool. Marinate in French dressing for an hour. Hard boil two eggs and slice thin. Drain fish and arrange with eggs on a bed of crisp lettuce. Decorate with strips of pimento and sprinkle over pearl onions. Serve with Mayonnaise.

Mrs. George Hawkins.

**Lobster Salad, East Indian.**—Cut the meat in blocks half an inch square. Chop a medium sized onion with twelve capers, half a green pepper, a cucumber, six stoned olives. Mix with the lobster; also some shredded lettuce. Rub to a paste the yolks of two hard-boiled eggs, saltspoon of salt, teaspoon of curry, three tablespoons of oil and one of tarragon vinegar. Mix with the lobster and garnish with lettuce.

**Lobster Salad.**—Cut the lobster in small pieces and marinate in French dressing for one hour; then *drain* well. Put lobster on heart of lettuce leaves with equal parts of diced celery. Pour over Mayonnaise dressing and serve.

**Shad Roe.**—Marinate one cup of cooked roe, drain and add one cup of sliced cucumbers. Arrange on lettuce and cover with Mayonnaise.

**Fish Salad with Sardine Dressing.**—Put the yolks of three boiled eggs through a ricer, pound the flesh of three sardines and mix with the eggs, add this to a cup of Mayonnaise. Line a salad dish with lettuce on which put a pint of flaked cooked whitefish mixed with some of the dressing. Pour over the rest of the dressing and garnish with whole skinned sardines.

**Cucumbers to Serve With Fish.**—Let cucumbers lie in ice water for one hour or more, pare and cut with plain or fluted knife in thin even slices keeping them close together to resemble whole cucumber. Put it on a plate and pour over French dressing. Sprinkle over one tablespoon each of minute pearl onions and finely chopped parsley.

**Salad in Green Peppers.**—Take six good-sized peppers, cut in half, scoop out seeds and put the peppers in ice water to soak for two hours. Drain and fill with any preparation of fish or meat salad and put on top a spoonful of Mayonnaise.

The salad may be served in shells or ramekins.

**Pepper Salad.**—Beat two cream cheeses and add two tablespoons of cream, a little salt, one-half cup walnut meats chopped fine, two teaspoons chopped parsley. Remove seeds from two green and two red peppers, let stand in cold water one-half hour, wipe inside and stuff with cheese mixture. Put on ice two hours or until very cold. Cut in one-quarter inch slices and serve a slice of red and of green on lettuce leaf with Mayonnaise. This serves six people. Julia B. Lawler.

**Pimento Salad.**—Hard boiled eggs cut into eighths. Half the quantity of sliced pimentos and same of olives. To each pint of salad add one tablespoon of pearl onions. Mix with Mayonnaise and serve on lettuce.

Mrs. Hinkley.

**Cheese and Pimento Salad.**—One cream cheese, one-half can of Spanish peppers; chop peppers fine, mix with cheese, moisten with Mayonnaise dressing. Place on lettuce leaves and add a little more dressing.

Mrs. Hinkley.

**Roquefort Cheese Salad.**—Break the amount of cheese needed in small pieces, with a fork. Moisten well with French dressing. Put on heart lettuce leaves and serve.

Mrs. Hinkley.

**Egg Salad.**—Take one dozen hard-boiled eggs, cut in halves and take out the yolks carefully; mash eight yolks; and add an uncooked egg, beat well; then add, slowly, two tablespoons of oil, and, as slowly, the same quantity of butter; beat in pepper, mustard, salt and curry, to taste. Then add one and one-half tablespoons of vinegar. Chop half the breast of a boiled chicken; mix well together; fill your eggs, and place them on lettuce leaves.

Mrs. Calvin Skinner.

**Egg Salad.**—Remove the shells from six hard-boiled eggs, cut them into thick slices, arrange in salad dish with lettuce. Chop fine ten olives, five or six small sour pickles and a tablespoon of parsley. Make a French dressing of six tablespoons of olive oil, one and one-half of tarragon vinegar, one-half teaspoon of salt, saltspoon of pepper and one-half teaspoon of grated onion. Sprinkle over the eggs, pickle, parsley and olives, pour over the dressing and stand in a cold place fifteen minutes before serving.

Miss Jean Hawkins.

**Egg-Ball Salad.**—Separate yolks and whites of six hard-boiled eggs. Cut whites in shreds with scissors. Rub yolks to paste with Mayonnaise adding some sardines or any cooked fish or meat which has been pounded to a paste. Shape in balls the size of marbles. Cover lettuce leaves with Mayonnaise, sprinkle with whites of the eggs and on this place the balls.

**Pond Lily Salad.**—Take hard-boiled eggs and cut them lengthwise. Arrange lettuce leaves around each salad plate and press the yolks through a sieve into the center of each plate to form the heart of the lily. Then slice the whites lengthwise cutting seven or eight strips from each egg. Arrange these white slices around the yellow centers like the petals of a water lily. Pass the salad dressing in a separate bowl, as it ruins the appearance of the salad if it is poured on before it comes to the table.

**Waldorf Salad.**—Pare, core and cut into dice four large tart apples. Add to them one quart of celery cut into cubes; mix all together with cream or Mayonnaise dressing. Arrange on a salad dish and garnish with celery tips. Equal parts of apple and celery is a good proportion.

Mrs. Litz Dustin Rust.

**Nut and Celery Salad.**—Put one cup of shelled walnuts in a sauce pan, add two slices of onion, one-half teaspoon of salt, one bay leaf and a blade of mace. Cover with boiling water and boil ten minutes; throw into icewater to blanch, then dry on a towel. Cut into small pieces enough crisp celery to make one pint. Mix all together with cream or Mayonnaise dressing.

Miss Jean Hawkins.

**Sherry Salad.**—One bowl of English walnut meats, broken, one pound of green grapes seeded, one small red pepper, chopped, mix with Mayonnaise dressing. Garnish the salad with lettuce cut in ribbons and celery cut into roses. See General Directions.

Mrs. Breed.

**Peas and Fruit Salad.**—One can of French peas, one coffee cup of Malaga grapes (seeded), one coffee cup of English walnuts broken into small pieces, two tablespoons of olive oil, one tablespoon of tarragon vinegar poured over this. Stir lightly together and let stand one hour. Use recipe for Cooked Dressing, pour over all and serve immediately.

Mrs. Edward Lawrence.

**Alexandra Salad.**—Make a little cup from three or four leaves taken from the heart of lettuce and place upon a plate for individual



serving. Fill with celery cut fine, and tiny sections of grape fruit, and upon the top put three pitted ox-heart cherries. Pour over this a French dressing. Miss Channell.

**Cherry Salad.**—Stone cherries and stuff each with a hazel nut. Place them on a bed of lettuce and serve with a Mayonnaise dressing. Canned cherries may be used. Mrs. O. H. Burritt.

**Cherry Salad.**—One can of large white cherries. Stone the cherries and stuff with blanched almonds or any other nuts. Cut one bunch of celery fine, add a pinch of salt. Take half a cup or more of slightly soured cream, whip and add about a tablespoon of good Mayonnaise dressing mixing well. Put cherries and celery together with enough of the dressing to make creamy, using as little as possible to obtain the desired results. Pour the remainder of the dressing over the salad when it is served. Mrs. James S. Day.

**Fruit Salad, No. 1.**—A pound can of white cherries (Ferndell) or cherries in Crème de Menthe. Hazel nut in each cherry and add equal parts of celery.

**Fruit Salad, No. 2.**—One can of pineapple, equal parts of celery and one cup pecan meats. Use the following dressing for salad numbers one and two.

*Dressing.*—One half teacup of butter, yolks of three eggs, four table-spoons of vinegar, red pepper, and salt to taste. Beat all together and cook. When cold stir in one cup of cream whipped.

Mrs. Margaret D. Watts.

**Fruit Salad.**—Take one-half pound of green grapes and seed, cut up three oranges and one-half fresh pineapple. Mix with Whipped Egg Fruit Dressing. See Dressings.

**Fruit and Savory Salad.**—A small ripe pineapple peeled and shredded, a cupful of finely chopped celery and diced red peppers mixed. Marinate this with a little French dressing. Put on ice for fifteen minutes, after which toss through it with a silver fork a little Mayonnaise dressing, then a half cupful of stiffly whipped cream. Serve on lettuce leaves.

Mrs. William C. Breed.

**Fruit Salad.**—Cut three bananas, three oranges and one-half pound of Malaga grapes into small pieces, add one pint of fresh or canned pineapple cut in cubes. Mix with Cream Dressing No. 4. Serve very cold. Mrs. Winifred Dustin Doremus.

**Grape Fruit Salad.**—The pulp of two grape fruits and one orange, one cup of Malaga grapes, seeded, one-half cup each of English walnut meats and finely cut celery. Sprinkle two tablespoons of sugar over the fruit. Make a dressing of the juice of one-half a lemon, and one tablespoon of oil, two of sugar, a pinch of salt and a dash of paprika. Pour dressing over the fruit, arrange on lettuce and serve very cold.

Miss Sanderson.

**Grape Fruit Salad.**—Cut grape fruit lengthwise, remove each section whole, free it from skin and sprinkle over it a little sugar. Prepare oranges in the same way omitting the sugar. Place the fruit in the refrigerator until needed, then drain and put three sections of the grape fruit alternating with oranges on a glass plate, in the center a few small tender leaves of lettuce. Garnish with endive. The fruit may be placed on bed of lettuce with Maraschino cherries in the center or the grape fruit may be alternated with broken tender lettuce with orange in the center. Use French dressing in which fruit juice is used in place of part of the vinegar with a little tarragon.

Mrs. George Hawkins.

**Lakewood Salad**—Arrange equal parts of grape fruit and oranges and one cup of pecan meats on lettuce. Pour over Lakewood dressing and garnish with strips of red pepper.

**Lakewood Dressing.**—Four tablespoons oil, one of grape fruit juice and one-half of vinegar, one teaspoon salt, one-half teaspoon of paprika and one tablespoon of grated Roquefort cheese. Put all in jar and shake.

**Banana Salad.**—Peel the bananas, cut off ends, roll in finely chopped peanuts, and serve on a lettuce leaf with Mayonnaise Dressing No. 3.

Mrs. Helen Willard Lillis.

**Banana Salad.**—Roll peanuts, not too fine; slice bananas lengthwise, dip in white of egg, roll in peanuts and bake in a moderate oven to golden brown. Serve on lettuce leaves with Mayonnaise.

Mrs. Sadie Littlejohn Siewers.

**Banana Salad.**—Slice bananas on lettuce leaves or in the skin of the banana (cutting lengthwise one side and taking out the fruit very carefully). Put English walnuts over the fruit and French dressing made with one tablespoon of vinegar, heaping saltspoon and a half of salt, dash of cayenne pepper (stir this until the salt is dissolved), add five tablespoons of salad oil, small teaspoon of grated onion. Whip with a silver fork until emulsified. This salad must be prepared just before serving.

**Pear Salad.**— Pare, cut in halves and remove cores from ripe but not too mellow Bartlett pears and let stand in cold salted water five or six hours in refrigerator. Then drain well, remove more of the inside making a place to put in filling. For this use seeded Malaga grapes, walnut meats, the pieces of pear removed or any good combination of fruit as diced peaches, pineapple or kumquats. Place the pear on crisp lettuce and pour over French dressing in which is some fruit juice.

Mrs. George Hawkins.

**Pear Salad.**— Medium sized pears. Allow one-half to a person, peel, dig out core, turn flat side on lettuce leaf, cover with one-half tablespoon equal parts of pecan nut meats and crystallized ginger that have been put through meat chopper. Serve with Mayonnaise.

Mrs. Harriet Capron.

**Tango Salad.**— Peel and core ripe juicy pears, and if desired cut halves in thin slices without cutting through, rub over with the cut side of a lemon to prevent discoloring. Set a ball of cream cheese, a few cubes of Roquefort, or other cheese in center of pineapple, place on heart leaves of lettuce and pour over the following dressing.

*Dressing.*— To serve six. Beat until well blended one-fourth cup of oil, a teaspoon of vinegar, one-fourth teaspoon each of salt and mustard, one-half teaspoon of paprika, one-fourth cup of Chili sauce. Then gradually beat this into one-half cup of Mayonnaise. Sprinkle the salad generously with Julienne shreds of pimento. American Cookery.

**Alligator Pear or Aguacate.**— Peel and dice a pear, place on crisp lettuce and serve with French dressing.

Miss Esther H. Taylor.

**Poinsetta Salad.**— Slice of canned Hawaiian pineapple on a lettuce leaf. Heat a knife and spread cream or Neufchatel cheese (which has been beaten with a little cream) over pineapple. Arrange strips of pimento like the petals of a poinsetta over the cheese. Heap Mayonnaise in the center and put a pimola on top.

Mrs. Breed.

**Vanderbilt Salad.**— For each service set a slice of pineapple, fresh or canned, on two or three heart-leaves of lettuce; on the pineapple dispose two sections each of grape fruit and orange, freed of membrane, to leave an open space in the center; fill this with match-shapes of crisp endive or celery; above set a teaspoonful of whipped cream, and sprinkle the cream with chopped nuts. Before whipping add one-fourth teaspoonful of salt to one cup of cream. American Cookery.

**Marshmallow Salad.**—Cut marshmallows in quarters, add an equal quantity of pineapple diced and of orange. Place on lettuce and use French dressing in which is fruit juice and a little tarragon vinegar. To prepare oranges peel and cut the orange in one-half inch slices, then carefully remove each little section from the skin and fiber without breaking the pulp.

Miss Jean Hawkins.

**Fruit Salad.**—One cup each of diced pineapple, oranges and dates. One and one-half cups of chopped walnuts and almonds. Mix with French dressing or Mayonnaise. Scald the dates, dry and chill before using.

**Pineapple Salad.**—Place a slice of canned pineapple over a lettuce leaf on each plate and in the center have a teaspoon of chopped walnut meats. Pour over cream dressing and sprinkle on the top, cream cheese pressed through a ricer and place a Maraschino cherry in the center.

Mary Goodman McGillic.

**Aspic Jelly.**—Five cups of rich consommé, one tablespoon of lemon juice, two tablespoons of tarragon vinegar, one box of gelatine. Soak the gelatine in some of the consommé one hour, then add to the remainder of the consommé, and put over the fire; when well dissolved stir for five minutes. Then strain through a flannel bag into any mold desired. Aspic jelly is used as a garnish for cold meats, fish or salads.

**Chicken Salad in Aspic.**—Pour aspic jelly into small cups; when set take out the center and fill with chicken salad; melt the jelly taken out and pour over the tops of the cups. When ready to serve tip out of the cups on to a lettuce leaf and garnish with Mayonnaise.

**Tomato Aspic.**—Put one can of tomatoes, one slice of onion, two bay leaves, a few celery tops, teaspoon of salt, one-fourth teaspoon of paprika in a sauce pan. Bring to the boiling point and add three-quarters of a box of gelatine, which has been soaked in half a cup of cold water for half an hour. Stir until dissolved, add the juice of half a lemon and strain. Pour into cups or fancy molds. Stand on ice for four or five hours. When time to serve turn out on a lettuce leaf. Serve as you would a whole tomato with Mayonnaise dressing. Enough for twelve people.

Mrs. John Lincoln.

**Florence Salad.**—One envelope of Knox gelatine dissolved in one-half cup of cold water, one-half cup very mild vinegar, one pint boiling water, juice of one lemon, one-half cup of sugar, one teaspoon salt. When it

begins to thicken add one apple, one-half can red peppers and one bunch of celery all chopped. Mould in sherbet glasses and serve on lettuce with Mayonnaise dressing. This quantity makes twelve portions.

Mrs. Frederick J. Seaver.

**Cherry Aspic.**—Soften one-fourth package of gelatine in one-fourth cup of cold water and melt in a half cup of boiling water, add one-third cup of sugar, the juice of two lemons and half a cup of cherry juice, one-half level teaspoon salt. Place in ice water till beginning to set and stir in a generous cup of drained cherries. Put in individual moulds. To serve, unmould on lettuce leaf, use Mayonnaise or French dressing.

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**Imperial Sticks.**—Cut slices of bread one-fourth an inch thick in slices half an inch wide and the length of the slice; spread both sides with butter and set into the oven to brown delicately.

**Cheese with Crackers.**—Place saltines in pan, sprinkle with grated cheese, a dash of cayenne and bake till cheese is melted. Serve with soup or salad.

**Salad Toast.**—Cut bread, white or Graham, in thin slices, butter lightly, remove crust, cut in two, cover half the bread with thin slices of cheese, put together in pairs and toast. Serve with salad or soup.

**Salad Cheese Toast.**—Mash a cream cheese and moisten with French dressing. Cut Graham bread in one-fourth inch slices, spread with cheese mixture and sprinkle with chopped nuts. Put together in pairs, remove crusts, cut in finger shape and toast. Pile log cabin fashion and serve with dinner salad.

**Toasted Cheese Rolls.**—Cut fresh bread in as thin slices as possible, using a very sharp knife and remove crusts. Work butter until creamy. Add an equal amount of grated cheese and work until creamy, season with salt and paprika. Spread bread with mixture, roll each piece separately, toast and serve hot with salad course.

## EGGS

**Prairie Oyster.**—Break a perfectly fresh egg into a glass, sprinkle with pepper and salt and drop on about ten drops of vinegar. This is palatable and nourishing, can be taken easily by the sick and makes a good quick lunch for the well. It can readily be taken in one swallow.

Dr. John A. MacIntosh.

Eggs should be boiled by putting into cold water. Gradually bring the water to a strong heat and when it comes to a boil it is sufficient for rare eggs. For hard-boiled, thirty minutes should be given.

**Boiled or Coddled Egg.**—Put one egg in a pint measure. Pour measure full of boiling water. Set on table uncovered and let stand for eight or ten minutes. Use straight, deep vessel so that the water may not cool too rapidly. Use more water for more eggs. For six or eight eggs use two quarts of water.

Mr. Sherwood P. Snyder.

**Shaker Eggs.**—Boil four minutes; take from the water; let stand long enough to cool sufficiently to handle; remove the shell, keeping the eggs from breaking by taking the skin with the shell; as fast as you get them ready, drop into a covered dish to keep hot; then add butter, pepper, salt, and a spoonful or two of sweet cream; dress it over the eggs, and serve for lunch or tea in side dishes.

Mrs. J. S. Phillips.

**Scrambled Eggs.**—Put a tablespoon of butter into a hot frying pan, have ready half a dozen eggs broken in a bowl, mix slightly. Turn them into hot butter and stir briskly one way until they are cooked. Be careful that they do not get too hard. Many add a little milk to the eggs.

Mrs. Belding.

**Scrambled Eggs.**—Six eggs, one-half cup of milk. Put milk in pan or chafing dish and let come to a boil, salt and pepper to taste. Break eggs in bowl, with fork break the yolks (do not beat together), pour into the boiling milk, stir constantly until creamy, putting in butter the size of a large walnut just before taking from the fire.

Mrs. Breed.

**Scrambled Eggs with Cheese.**—One-half cup of milk, one-half cup of cheese, four eggs, seasoning. Heat milk in sauce pan add cheese



broken in small pieces, stir until cheese is melted. Add eggs whole and let cook until eggs start to set, then stir. Season with salt, paprika and Worcestershire sauce. Serve on hot toast. Enough for four.

Mrs. Florence Channell Massey.

**Egg Scrambled with Corn.**—Use one cup of cold creamed corn. Beat six eggs lightly with pepper, salt and two tablespoons of cold water. Add the corn and cook over slow fire until thick, stirring constantly. Serve on buttered toast. A scramble may be made like above of cooked asparagus, peas, tomatoes or any vegetables, also of cooked ham, bacon, crabs, shrimps, etc., the scramble taking the name from the vegetable, fish or meat used with the eggs.

**Asparagus with Eggs.**—Boil two pounds of asparagus in water with a little salt, or steam until tender; chop fine; mix with five yolks and three whites of eggs well beaten; add two tablespoons of sweet cream; fry, and serve hot.

Mrs. C. L. Hubbard.

**Turned Eggs.**—Heat pan, put in one tablespoon of butter and when melted drop in an egg and cook until white is firm. Turn it once, while cooking sprinkle with salt. Add more butter as needed to prevent eggs from sticking.

Mrs. Botham.

**Fried Eggs.**—Fried eggs are cooked as Turned Eggs without being turned. In this case the fat is taken by spoonfuls and poured over the eggs. Lard, pork, ham or bacon fat are usually employed, a considerable amount being used.

Boston Cooking School.

**Poached or Dropped Eggs.**—Have one quart of boiling water and one tablespoon of salt in a frying pan. Break the eggs, one by one, into a saucer and slide carefully into the salted water. Dash with a spoon a little water over the egg to keep the top white. The beauty of a poached egg is for the yolk to be seen blushing through the white, which should be only just sufficiently hardened to form a transparent veil for the egg. Cook until the white is firm and lift out with a griddle cake turner, and serve immediately. Muffin rings may be placed in the water and an egg dropped into each ring.

Mrs. Belding.

**Steam Poached Eggs.**—Use a steam poacher or a steam cooker. Butter liberally each cup and break into it an egg. Place over hot water and cook five minutes or until yolk of egg has a filmy white covering. Remove to platter and serve with thin Hollandaise.

Mrs. George Hawkins.

**Baked Eggs.**—For six people use eight eggs, one cup of milk one generous tablespoon of butter, one teaspoon of flour, half a teaspoon of salt, pepper to taste, and one teaspoon of chopped parsley. Put the butter in a frying pan, when melted put in the flour and stir until smooth and frothy; draw the pan back and add gradually the cold milk, then the seasoning; after boiling up once pour the sauce into a deep plate. Break the eggs carefully and drop into the sauce, and sprinkle over parsley. Place in a moderate oven and bake till the whites are set, say five minutes. Serve immediately, in the dish in which they are baked.

**Eggs with Tomato Sauce.**—One-half of a small onion sliced, fried in half a tablespoon of butter. Add one-half a can of tomatoes, two cloves, salt, pepper, two tablespoons of flour rubbed with one tablespoon of butter. When thick pour into a deep platter, drop on the sauce poached eggs and serve. This sauce is sufficient for six eggs. With Graham gems this makes a nice course by itself. Mrs. Breed.

**Eggs à la Suisse.**—Soften one tablespoon of butter in a little hot water and pour over the bottom and sides of a baking dish. Then add a cup of cheese cut fine. Break four eggs carefully on this, season with salt and pepper, pour over one-half cup cream or rich milk and over all one-half cup more of cheese. Sprinkle paprika on top. Put into a moderate oven until cheese is brown and eggs set, being careful not to have the yolks hard. Mrs. Carolyn Howard Marshall.

**Deerfoot Shirred Eggs.**—Cut six sausages into one-half inch slices, fry five minutes and add a cup of tomato sauce. Put mixture in six buttered shirred egg dishes and drop on each one or two eggs, bake till eggs are set.

**Shirred Eggs.**—Butter an egg shirrer (a small white dish or casserole), cover bottom and sides with fine bread crumbs, add egg carefully and cover with seasoned crumbs; bake till the white of egg is firm.

**Shirred Eggs.**—Mix two tablespoons each of bread crumbs and chopped chicken or ham with cream to make a batter, season with salt and pepper. Line a buttered dish with the batter, break an egg into the dish, cover lightly with butter and bake.

**Eggs à la Patrick.**—On a buttered pyrex plate, form thin rounds of mashed potato and pipe around them potato to build up a cup. Do not have potatoes too moist or cups will collapse. Drop an egg in each and bake till eggs are set. Garnish with parsley.

Mr. Sherwood P. Snyder.

**Eggs with Bread Sauce.**—Prepare a bread sauce (see Sauces), put in a buttered baking dish and drop over three or four eggs. Place in oven till eggs are set and serve at once. The eggs may be cooked in ramekin dishes.

**Egg Timbales.**—Beat eight eggs without separating, add one rounded teaspoon of salt, one-half teaspoon of white pepper, one tablespoon of chopped parsley, one teaspoon of onion juice and a pint and a half of milk. Stir nicely together and fill small buttered timbale molds two-thirds full. Set the molds in a deep pan partly filled with water, cover with buttered paper and place in a moderate oven until firm in the center, which will take from ten to twenty minutes. Serve with tomato or Hollandaise Sauce.

Mrs. McClary.

**Swiss Eggs.**—Heat a small frying pan and put in one tablespoon of butter; when melted add one-half cup of cream. Then put in four eggs, one at a time, sprinkle with salt, pepper and a few grains of cayenne. When whites are nearly firm sprinkle with cheese. Finish cooking and serve on buttered toast, strain cream over the toast and serve.

Miss Jean Hawkins.

**Creamed Eggs.**—Boil six eggs twenty minutes. Make one pint of cream sauce. Have six slices of toast on a hot dish. Put a layer of sauce on each, then the whites of the eggs, cut in thin strips; and over this the yolks rubbed through a sieve. Place in the oven for about three minutes. Garnish with parsley and serve.

Mrs. Mary Parmelee Olney.

**Deviled Eggs.**—Put five eggs into cold water and boil twenty minutes, then put into cold water. When cool remove the shells and cut in two lengthwise. Take out the yolks and press through a sieve. Add one tablespoon of olive oil or butter, salt, pepper, mustard and vinegar to taste. Fill the whites with the mixture.

**Scalloped Eggs.**—One tablespoon of cornstarch, one tablespoon of butter, one saltspoon of salt, one pinch of red pepper. Put these into one pint of boiling cream and stir until thick and smooth. Pour this sauce over one-half dozen deviled eggs, and bake lightly.

Miss Lucia F. Gilbert.

**Eggs à la Newburg.**—Boil hard four eggs, throw them into cold water for a minute and then remove the shells. Cut into halves and arrange on a heated platter, white side up. Put into a sauce-pan one tablespoon of butter and one of flour. When creamed add two-thirds

of a cup of hot milk. When boiling take from the fire, add the well-beaten yolks of two eggs, bring to a scalding point again, add a small teaspoon of salt, a dust of cayenne and pour over eggs.

Mrs. Lucy King Allen.

**Eggs à la Maitre d'Hotel.**—Make a sauce of half cup of melted butter, the juice of half a lemon and a teaspoon of minced parsley. Cut hard-boiled eggs in slices lengthwise, arrange on toast, and pour the sauce over the eggs or pour over poached eggs on toast just before serving.

Olive Green.

**Eggs Stuffed with Sardines.**—Boil twelve eggs steadily for fifteen minutes, then cover with cold water and set aside to cool. Cut a small slice off each egg large enough to remove the yolks without breaking the white. Take one medium sized can of boneless sardines mash to a paste with the yolks of the eggs, add a little salt and the juice of a fresh lemon. Refill the whites and arrange the eggs in a nest of lettuce leaves.

Mrs. Mabel Lawrence Lincoln.

**Scotch Woodcock.**—Make a cream sauce of one tablespoon each of flour and butter, and one pint of milk, then add six or seven hard-boiled eggs chopped fine, one small teaspoon of Anchovy paste and a little mustard. Serve on small squares of buttered toast.

Mrs. Frank Haven.

**French Omelet.**—Beat four eggs slightly, just enough to blend yolks and whites; add four tablespoons of milk, one-half teaspoon of salt and one-eighth teaspoon of pepper. Put two tablespoons of butter in hot omelet pan; when melted turn in the mixture; as it cooks prick and pick up with a fork until the whole is of creamy consistency. Place on a hotter part of range that it may brown quickly underneath. Fold and turn on hot platter.

Boston Cooking School.

**Spanish Omelet.**—Mix and cook a French omelet. Serve with thick tomato sauce in the center and around the omelet.

**Omelet.**—Five eggs, yolks and whites beaten separately; five tablespoons of milk; to the yolks add the milk, a pinch of salt, then the whites, beaten lightly; have your omelet pan ready with a large tablespoon of melted butter; cook carefully on the top of the stove, and when well set put it in the oven to brown; fold it, and serve. Some say the salt should not be put in, as it takes from the lightness of the eggs.

Mr. William H. Barney.

**Baked Omelet.**—Six eggs, one tablespoon each of butter and flour, one cup of cold milk, one-half teaspoon salt. Put butter into granite sauce pan, add flour and when smooth stir in the cold milk. Set aside to cool when cooked smooth. Add salt. Beat yolks and whites of eggs separately. Fold in yolks first then whites into the sauce and put all into baking dish. Bake fifteen or twenty minutes.

Mrs. Litz Dustin Rust.

**Nut Omelet.**—Make as any omelet and just before folding sprinkle two tablespoons of shredded or chopped nuts over the top. English walnuts or pecans preferable.

**Egg and Cheese Omelet.**—One cup of milk one rounded tablespoon flour, a little salt and one large tablespoon melted butter, blended together. Add four eggs, whites and yolks beaten separately and three tablespoons grated cheese. Cook in omelet pan in oven and serve at once.

Mrs. Creighton.

**Rice Omelet with Cheese Sauce.**—To a cup of boiled rice add a tablespoon of hot water, half teaspoon salt, a dash of pepper and the yolks of two eggs well beaten. Mix well and fold in the stiffly beaten whites. Melt a tablespoon of butter in a pan, turn in the rice and cook like any omelet. When done spread a little cheese sauce over one-half, fold and turn upon a hot platter. Pour around remaining sauce.

**Cheese Sauce.**—Melt two tablespoons of butter, in it cook two tablespoons flour, one-fourth teaspoon each of salt and pepper. Add a cup of rich milk and stir till boiling, then add a generous half cup of grated cheese and stir without boiling till cheese is melted.

Mrs. George Hawkins.

**Meat Omelet.**—Beat six eggs quite light; have ready minced meat of ham, tongue, cold chicken or veal; put this into a dish with a little butter to warm through, turn the eggs into a spider in which you have previously heated the butter; let the omelet brown lightly on the lower side, and the upper forming a thin custard; season to taste; put in the meat; fold the omelet over, and take up quickly; serve immediately.

Mrs. Farnham.

**Bread Omelet.**—Soak a teacup of bread crumbs in a cup of sweet milk over night; three eggs beaten separately; add yolks of the eggs, bread and milk; stir in the whites, and cook as any omelet; sprinkle over salt and pepper just before taking up. Sufficient for six persons.

Miss W. Childs.

**Eggs à la Parisienne.**— Butter small timbale moulds, sprinkle with fine chopped truffles and parsley, beets if at hand. Break eggs and slip one into each mould, sprinkle with salt and pepper. Set moulds into a pan of hot water and cook till egg is firm. Remove from moulds onto octagon slices of toast and pour over a little cream sauce or tomato sauce.

Mrs. James Breed.



## CHEESE

**Cheese Straws.**—One cup of grated cheese, two tablespoons of melted butter, yolk of one beaten egg, a pinch of salt, a dash of cayenne pepper, two tablespoons of cold water, one-half teaspoon of baking powder, one-half cup of flour. Mix all together. Roll and cut in strips and bake to a nice brown.

Mrs. S. T. Carpenter.

**Cheese Straws.**—Sift together a cup of flour, half teaspoon of baking powder and a little salt. Cut into this a fourth cup of butter and one-half of a snappy cheese, mix with one-fourth cup of cold water. Roll out, sprinkle with red pepper, cut in strips and bake.

Miss S. Helen Andrews.

**Cheese Fondue.**—Melt two tablespoons of butter, add four tablespoons of flour and mix until smooth. Add one cup of milk or cream, stir continually until it cooks and becomes quite thick; take from the fire and add the beaten yolks of three eggs. Mix thoroughly, then add four tablespoons of grated Parmesan cheese. Salt and pepper to taste. Beat the whites of the eggs to a stiff dry froth, add carefully to the mixture; put into a buttered baking dish and bake twenty-five minutes or it may be put in soufflé dishes and baked ten minutes.

Mrs. Litz Dustin Rust.

**Cheese Ramakins.**—Put two ounces of bread and a gill of milk over the fire; when hot add two tablespoons of butter, four heaping tablespoons of grated cheese (more if domestic cheese is used) and a dash of red pepper; take from the fire and add the yolks of two eggs and the well-beaten whites of three. Turn into ramakin dishes and place in a pan with water; bake in a quick oven ten minutes.

Miss Ella J. Flanders.

**Cheese Custard.**—Remove crusts from bread and cut enough in inch squares to make two cups. Butter bread before cutting. Put in a dish suitable to send to table. Alternate layers of bread with thin shavings of cheese. To three cups of milk add two well beaten eggs, one-half teaspoon salt, a dash of paprika and pour over bread. Let bake in moderate oven till mixture is firm in center and bread slightly browned. Good luncheon or supper dish.

Miss Esther H. Taylor.

**Baked Crackers and Cheese.**—Split eight Boston crackers and pour over them two cups of hot milk in which is one-half teaspoon of mustard and a little salt. Butter a baking dish suitable for the table, put in a

layer of crackers and sprinkle thickly with grated cheese. Alternate crackers and cheese using a cup of cheese and having the last layer cheese. Pour over any milk not absorbed by the crackers, put in hot oven till crackers are puffed and cheese brown. Water may be used instead of milk.

Mrs. Janet Allan.

**Palmerston Eclairs.**—Put one cup of boiling water and one-half cup of butter in sauce pan over fire, when boiling sift in one cup of flour, half teaspoon of paprika and one-fourth teaspoon of salt. Stir and cook till the mixture may be gathered into a compact ball; turn into an earthen bowl and beat in three eggs one after another. beat each egg thoroughly before the next is added, then beat in one-half cup of grated cheese. Dispose the mixture in strips about three inches long and one inch wide on a buttered baking pan, brush over with beaten egg yolk and bake about twenty-five minutes. The cakes should be baked crisp and firm on the sides as well as top and bottom. Cut a slit on one side and fill with the cheese mixture. Serve hot or cold with a green salad.

**Cheese Custard Filling.**—Melt three level tablespoons of butter and in it cook three level tablespoons of flour, one-half teaspoon of salt, same of paprika. Add one and a fourth cups of milk and stir till boiling, add the beaten yolks of two eggs mixed with one-half cup of grated cheese and when cold, fold in one-half cup of cream beaten stiff.

American Cooking School.

**Cheese Balls.**—To one and a half cups of grated cheese add one tablespoon of flour, one-fourth teaspoon of salt, dash of cayenne and mix well. Beat the whites of three eggs stiff, add to cheese. shape into small balls, roll in cracker dust, fry in deep fat and drain on paper. Serve with salad course.

Fannie Merritt Farmer.

**Gnocchi à la Romaine.**—Mix one-fourth cup each of flour and corn starch, one-half teaspoon each of salt and paprika to a paste with one cup of milk. Have a cup of milk in double boiler and add the paste and cook till smooth stirring constantly. Cook ten minutes and add one-half cup of butter and the beaten yolks of two eggs, one-half cup or more of grated cheese. Cook till cheese is melted, then pour into a shallow buttered pan to the depth of half an inch. When cold cut into rounds or squares. Put in buttered earthen dish, sprinkle with grated cheese. place other pieces above the first and sprinkle generously with cheese. Set in oven to melt cheese and reheat mixture. Serve very hot with a green salad or cooked fruit.

**Florentine Toast.**—Toast a piece of bread on one side, open a boneless sardine and spread over toasted side. Cut half a tomato and place on top with butter, pepper, salt and grated cheese. Put in oven and bake fifteen or twenty minutes.  
Mrs. Spann.

**Titus Tid-Bits.**—Have ready sliced ripe tomatoes, also some very thin slices of cheese. Cut bread in thin slices, then in halves, remove crusts and butter. Place them in a baking tin with buttered side down, on each, place a slice of tomato and on this one slice of cheese, a dash of paprika and a little salt, put the tin in a hot oven. Let brown and serve immediately.  
Mrs. Julia Raymond.

**Cheese Dreams.**—Cut twelve thin slices of bread and remove crusts. Cut in halves, cover with a thin slice of American cheese, sprinkle with salt, paprika and cayenne; cover with another slice of bread and sauté on both sides in a little butter. These are more easily prepared small than large.  
Mrs. O. S. Lawrence.

**Cheese Relish.**—One tablespoon of butter, one tablespoon of flour, one cup of hot milk, one cup of grated cheese. Cream butter and flour in double boiler, add hot milk and season to taste with paprika and salt, then add cheese and when melted serve on hot crackers.  
Mrs. Nettie Knapp Fell.

**Rarebit.**—Melt together in a chafing dish one cup of grated cheese and one cup of cream. When melted add beaten yolks of two eggs, one teaspoon of salt, two of Durham mustard (English) dissolved in a little of the cream, a little cayenne pepper. Stir until thick and serve at once on hot buttered toast.  
Mrs. Spratling.

**Cheese Balls.**—One roll of cream cheese, one tablespoon of English walnuts, chopped fine, mixed with enough cream salad dressing to moisten so that it can easily be made into balls. After forming the balls roll them in chopped nuts. This quantity will make about twelve balls.  
Mrs. Josephine Lawrence Porter.

**Cheese Balls.**—Mix with silver fork two large cream cheeses, one tablespoon of cream, and make into small balls. Put one large tablespoon of butter over one large coffee cup of English walnuts and almonds, chopped fine. Put in oven to brown, stirring constantly; drop the balls into nuts while hot and put in the ice-box to cool. Serve with salad.  
Mrs. Breed.

**Cheese Marguerites.**—Make a paste of cream cheese and Mayonnaise dressing and place a little of the mixture in the center of square wafers. Put an English walnut meat in the center of the paste and shape edges.

Mrs. Josephine Lawrence Porter.

**Cheese and Bar-Le-Duc.**—Mix with silver fork two cakes of cream cheese with one tablespoon of cream, mould over a very small tumbler. When cold take off from glass and fill with bar-le-duc. Serve as a course with crisp crackers.

Mrs. Breed.

**Croutons with Cheese.**—Cut slices of bread about one-half an inch thick and remove crusts. Then cut in any shape desired and toast a delicate brown. Have ready a cheese sauce made as follows: scald half a pint of milk; rub one generous tablespoon of butter and two tablespoons of flour together and stir into the milk. Stir until it thickens, add yolk of one egg, two large tablespoons of grated cheese and a palatable seasoning of white pepper and salt. Put a large teaspoon of the sauce on a crouton and serve with cream soups or salads.

Mrs. Sarah Robb Taylor.

**Cheese Croutons.**—Cut stale bread in slices one-fourth inch thick, then in narrow finger length pieces, spread with butter and cover with thin slices of cheese. Put them in pan in oven to melt the cheese. Serve at once.

**Cheese Puffs.**—Put four tablespoons of butter in sauce pan with one-half cup of water, let come to a boil and stir in one-half cup of flour. Cook till it clears from the pan. Turn into mixing bowl, add one-half cup grated cheese, beat, add one egg, beat, add another egg, beat well and drop by spoonful on buttered tin. Bake in hot oven. Serve with salad.

Miss S. Helen Andrews.

**Cottage Cheese.**—Take a pan of curdled milk and set on the stove or over hot water, heat thoroughly, but do not scald. Put a cheese cloth in the colander and pour in the curd. When well drained or slightly squeezed add a little salt and moisten with sweet cream. Make into balls.

Mrs. W. C. Orcutt.

**Cottage Cheese.**—Have a pan half full of thick sour milk and fill the pan with boiling water; let this stand a few minutes and then pour into a fine colander and press out the whey with a heavy spoon until quite dry; season with salt and add enough sweet cream or softened butter to moisten well and a little sage, if liked. Make into balls, or pack in small dishes.

Mrs. McClary.

## BREAD, BREAKFAST AND TEA CAKES

**Hints for Making Bread.**—During the cold weather all flour should be thoroughly warmed before mixing. Frost-bitten or chilled yeast will surely make black bread, and the fresher the yeast is the better the bread will be. The dough should be thoroughly kneaded, and care taken that it does not get chilled during the process of rising.

Ladd & Smallman.

**Yeast.**—Take six good-sized potatoes, pare and grate them; steep a small handful of hops in one pint of water and pour over the potatoes; then turn on boiling water until it thickens; add one-half cup of sugar, one tablespoon of salt, one of ginger. When luke warm add one cupful of good yeast. This will make one gallon of yeast.

Mrs. E. A. Webster.

**Yeast.**—Two Magic yeast cakes soaked in one cup of warm water; add one cup of sugar, scant, one of flour, one tablespoon of salt, and one cup of warm water. Let stand till noon, then add one quart of mashed potatoes and four more cups of warm water.

To make bread, use equal parts of yeast and water with a little salt, sugar and butter rubbed in flour. Sponge in morning, let stand two hours, then mix and knead, let stand two hours, knead lightly, put in pan and let rise two hours and bake.

Miss H. Hepburn.

**Yeast.**—To six medium-sized potatoes, grated, add one small half cup of sugar, one scant tablespoon of salt, two of flour, three pints of boiling water. Set all on stove and boil two or three minutes. Set aside to cool. When luke warm add one cake of Magic yeast moistened with a little warm water.

Addie Trudeau.

**Bread.**—One and one-half quarts of luke warm water, into which put one heaping tablespoon of sugar, add a little flour, and beat well; then stir in three-fourths of a cup of yeast, or one Fleischmann's yeast cake, and enough flour to make a thick batter (in summer make a little thicker) and give it a good beating. In the morning add one tablespoon of mixed melted butter and lard, an even tablespoon of salt, and all of the flour necessary to knead; knead the dough sufficiently to work in the flour, then let it remain on the board covered by a pan until it rises some, perhaps fifteen or twenty minutes (by doing this it is much easier to knead into velvety and elastic dough); then knead about

ten minutes and let rise until double its bulk. Then knead just enough to take out the air bubbles and put in the tins. let rise and when ready bake in a moderate oven.

Mrs. John Law.

**Bread.**—Take one pint of milk, one tablespoon each of butter and lard and let come to a boil; add one pint of water, tablespoon of sugar, salt, a yeast cake, or one cup of home-made yeast; flour enough to mould from one-half to three-quarters of an hour. Knead as little as possible in the morning; shape into loaves and let rise before baking.

Mrs. L. C. Wead.

**Bread.**—Scald one pint of milk and add three level tablespoons of sugar, one rounding teaspoon of salt and a tablespoon of butter. When luke warm add one yeast cake dissolved in one-half cup of luke warm water. Put in three cups of flour and beat well with egg beater. Let stand in a warm place one and a half hours then add three cups more of flour and let rise till light. Put three-fourths of the mixture on bread board and shape in two loaves. Squeeze out any air bubbles as you press it into shape. Work as little as possible. Let rise to nearly twice its size and bake three-fourths of an hour. Make rolls of the remaining dough.

Mrs. Gertrude Skinner Washburn.

**Wheat Bread.**—Put to soak one Magic yeast cake in a *little* luke warm water. Boil, drain and mash three medium-sized potatoes, add one tablespoon each of salt, flour and sugar; to this add sufficient water to make two quarts; add the yeast. This sponge should be made the day before it is needed and left in a warm place to rise. In the morning warm slightly, stirring so the yeast will not settle and burn. Add only the flour, mix, when light, and make into loaves. This will make four loaves.

Mrs. Stuart Keller.

**French Bread.**—One pint of milk, six eggs, one-half cup of butter, two-thirds of a cup of sugar, one-half cup of yeast, flour enough to knead all together. In the morning knead again; cut in strips, braid and when light bake.

Mrs. Ralph.

**Pulled Bread.**—Gash a loaf of freshly baked bread and pull a part into halves, pulling from the outside toward the center. Gash the halves and separate into quarters. Repeat the process until the pieces are the size of a large bread stick. Place on a rack in a pan and dry out the moisture in a slow oven, then brown to a delicate color. Keep in a dry place and reheat before serving. The bread should snap when broken.



**Entire Wheat Bread.**—One cup each of luke warm water and milk scalded and cooled, one yeast cake, teaspoon of salt, two tablespoons each of sugar and butter or lard, melted, and five cups of entire wheat flour. Proceed as for ordinary white bread, mixing stiff and kneading thoroughly. Bake one hour in moderate oven.

**Rye Bread.**—Put into a quart measure one pint of scalded milk, two tablespoons of sugar and molasses, one tablespoon each of lard and butter, three teaspoons of salt and fill with warm water. Pour this into the bread maker and add one cake of compressed yeast dissolved in one-half a cup of warm water; then add two cups of rye flour and one of wheat flour. Stir for five minutes. If a bread maker is not used stir the sponge in a large dish, knead as little as possible in the morning. Shape into three loaves and let rise very light. Bake nearly an hour.

Mrs. F. H. Stewart.

**Oatmeal Bread.**—Add to two and one-third cups of boiling water one cup of oat flakes and one-half cup of corn meal and cook till thick. When cold, add in one pint of tepid water one-half cup of molasses, one large baking spoon of lard, one teaspoon of salt and yeast cake dissolved in a little water. Knead all together with white flour till stiff and let rise over night. Then knead lightly using flour if necessary. Shape in loaves, let rise and bake one hour. Makes three loaves.

Miss Janet Robb.

**Graham Bread.**—When making white bread, in the morning put two cups of the sponge in a mixing bowl, add one cup of Graham flour and stir with spoon; then add one tablespoon of sugar, one-half teaspoon of soda and let rise. Shape into a loaf, and put in bread tin; let rise until light and bake about forty minutes. This makes one loaf.

Mrs. Maggie Binan Hutchins.

**Graham Bread.**—One cup of bread sponge, one and one-half cups of sweet milk, a scant half cup of molasses, one even teaspoon of soda, a little salt and ginger. Stir all together and add enough Graham flour to make stiff, put into baking tin and let stand until very light and bake thoroughly.

Mrs. Hiram French.

**Graham Bread.**—If to sponge bread at night, make a sponge at noon of one-half a compressed yeast cake, one medium-sized mashed potato, three tablespoons of white flour and one cup of water. At night add three large cups of warm water to the sponge, salt, three tablespoons of molasses and Graham flour to make a thick sponge;

when light knead in enough white flour to make a stiff dough, adding one-fourth teaspoon of soda dissolved in a little water. Let rise, then put into tins and when light bake in a moderate oven one hour. Enough for three loaves. If bread is to be sponged in the morning prepare yeast, etc., the night before. Mrs. Nichols.

**Graham Bread.**—Three cups of thin sour milk, one cup of molasses, two teaspoons of salt, two level teaspoons of soda dissolved in the milk, four cups of Graham flour and one cup of white flour. Beat thoroughly; put into bread pans and bake slowly one hour. This makes two loaves.

Mrs. Anna Horton Sherwood.

**Steamed Graham Bread.**—Two cups of sweet milk, one of sour milk, one-half cup of sugar, one-half cup of molasses, five cups of Graham flour, one teaspoon of soda, one of salt; stir well together and pour into tins; steam three hours.

Miss H. E. Keeler.

**Date Bread.**—Put two and a half cups of Graham flour and one of white flour in a bowl, add a scant half cup of sugar and a teaspoon of salt. Rub through this one-fourth cup of butter. Dissolve a teaspoon of soda in a little water, add it to one and three-fourths cups of sour milk and pour over the Graham flour stirring well. Stone and cut in pieces enough dates to make a generous cup and a half. Put a thin layer of the dough in a buttered bread pan and sprinkle thickly with dates. Alternate thus, having the top layer dough. Bake one hour in a moderate oven.

Mrs. George Hawkins.

**Brown Bread.**—Two cups of Graham or rye meal, one cup of Indian meal, stirred together; add one large half cup of molasses; one-half cup of raisins, stoned; two cups of sour milk and two teaspoons of soda; butter the dish thoroughly, and boil five or six hours.

Mrs. L. C. Wead.

**Brown Bread.**—To one well-beaten egg add one cup of sour milk in which is dissolved one heaping teaspoon of soda, one cup of sweet milk, three tablespoons each of molasses, sugar and corn meal. Add Graham flour, stirring to consistency of Graham gems. Bake in a moderate oven about one hour.

Mrs. B. F. Thompson.

**Camp Brown Bread.**—One cup each of sour milk, sweet milk, molasses, and corn meal, two cups of Graham flour, two even teaspoons of soda, one even teaspoon of salt. Put sour milk in mixing bowl, add soda dissolved in a little warm water, then sweet milk and

molasses, cornmeal, flour and salt. Steam three hours or more as the longer it steams the better it is. This rule makes two loaves in one pound coffee cans.

Mrs. W. H. King.

**Steamed Brown Bread.**—Two cups of sweet milk and one of sour; two cups of corn meal and one of Graham flour. Into the milk put one teaspoonful of soda and one-half cup of molasses; salt; then add meal, and Graham flour. Steam three or four hours. The batter will be very thin.

Mrs. McClary.

**Nut Bread.**—Two cups of entire wheat flour, one of white bread flour, sifted with one level teaspoon of baking powder, one of soda and one of salt. Add one cup of chopped walnuts. Dissolve one cup of light brown sugar in one and a half cups of sweet milk. Mix all thoroughly. Bake in medium sized bread pan in moderate oven one and one-fourth hours.

Mrs. N. M. Marshall.

**Bran Bread.**—To one beaten egg add one pint of sour milk, four tablespoons of sugar, one-half teaspoon of salt, one heaping teaspoon of soda dissolved in a little hot water and four cups of bran. Stir well. Into one and a half cups of wheat flour put a teaspoon of baking powder and sift into the bran mixture, stir thoroughly, pour into bread pan and bake about an hour.

Mrs. Mary Putnam.

**Raised Biscuit.**—One pint of sweet milk, one-half cup of butter, one cup of home-made yeast, one tablespoon of sugar. Let the butter, milk and sugar come to the boiling point, then cool, sponge and add flour and the yeast. In the morning knead well and let rise three times. This rule makes about one dozen and a half biscuits.

Mrs. F. W. Lawrence.

**Parker House Rolls.**—Scald one pint of sweet milk; when partly cooled melt in it one-half cup of white sugar and one tablespoon of lard or butter. When luke warm add one-half cup of yeast, or one-half yeast cake, and place the mixture in the center of two quarts of flour. If for tea, set to rise early in the morning. When light mix and knead thoroughly, let rise again, then knead again for ten or fifteen minutes; roll out thinner than for biscuit, cut out as for biscuit, and spread butter over half the surface, fold them over and place upon tins so as not to touch each other. Let rise again, and when light bake fifteen or twenty minutes.

Miss H. E. Keeler.

**Parker House Rolls.**—Put two quarts of sifted Pillsbury flour in a bowl, make a hole in the center of the flour and put in ingredients in the

following order: a little salt, one-third cup of sugar, butter the size of an egg, one pint of milk, scalded, two-thirds of a yeast cake in one-half cup of water. Do not stir; let stand twelve hours in a cool place. Mix together and knead until smooth; let it rise until light; cut into rolls; let rise again very light and bake. Mrs. Mary Putnam.

**Clover Biscuit.**—From setting of bread take as much dough as you wish to make into biscuit and fill muffin tins by placing three small balls of the dough in each section of the tin. When raised bake ten to fifteen minutes. If the biscuits are desired for supper, they may be made out as usual in the morning, and the tin placed in the ice chest until an hour before baking. Mrs. Arthur E. McClary.

**Lunch Rolls.**—Scald one cup of milk early in the morning, when luke warm add one cake of Fleischmann's yeast, one tablespoon of sugar, the white of one egg beaten stiff and three cups of sifted flour. Then add gradually two tablespoons of lard or butter and one-half teaspoon of salt. Knead lightly using as little flour as possible. Place in well greased bowl, cover and set to rise about two hours in a warm place free from draught till double in bulk. Turn out and mould into rolls the size of walnuts. Place in well greased pans, protect from draught and let rise one-half hour or till light. Glaze with the white of an egg diluted with water. Bake ten minutes in a hot oven. Makes three dozen. Mrs. McClary.

**Tea Rolls.**—One egg, two tablespoons sugar, one-third cup of butter, two-thirds yeast cake, in a little water, one quart of Pillsbury flour. Cream together butter, egg and sugar, scald coffee cup of milk and add after it cools. Place the above with the dissolved yeast cake in the center of the flour. *Do not stir.* Sponge at eleven in the morning. After it is light mix in a loaf, when this is light make into biscuits and let rise double their size and bake. Mrs. Horrigan.

**French Rolls.**—Three cups of sweet milk, a teaspoon of salt, one-half cup of yeast or half a cake of compressed yeast, one cup of melted butter, add flour enough to make a stiff dough. Let it rise—better over night—and then add two well-beaten eggs; knead thoroughly, and let rise again. Make into balls about the size of an egg, then roll between the hands to make long rolls (about three inches). Place close together in two even rows on well-buttered pans. Cover and let rise again. Bake in a quick oven to a delicate brown.

Mrs. Thomas M. Hawley.

**Finger Rolls.**—Put one tablespoon of butter into one cup of scalded milk, cool and add one teaspoon of sugar, half a level teaspoon of salt, one-half yeast cake dissolved in one-fourth cup of luke warm water, put all in about three cups of bread flour. Knead ten minutes, cover and let rise light; knead a second time, then shape into small long rolls and set in a pan to rise. When light brush them over with a little beaten egg and bake in a hot oven. Mrs. Frederick J. Seaver.

**Breakfast Rolls.**—One quart of flour, a pinch of salt, butter the size of an egg rubbed in the flour, one-half cup of baker's yeast or one-fourth home-made yeast; mix with water and knead hard. Let it rise over night. In the morning make into rolls and let rise again. Bake twenty minutes. Mrs. Frederick J. Seaver.

**Meacham Rolls.**—One cup of warm milk, one-fourth cup of butter, two tablespoons of sugar, one-fourth cup of yeast or one-half yeast cake, flour to knead very soft at night; in the morning turn carefully on the moulding board and roll out one-half inch thick; cut with biscuit cutter and spread with warm butter, fold these over and let rise very light and bake. If warm rolls are desired for supper leave the dough in a cool place until about three o'clock and then roll and cut as stated. The above makes eighteen rolls. Mabel Earle Selkirk.

**Cinnamon and Lemon Rolls.**—Take from bread dough in the morning the amount required for one medium loaf of bread and mix in one-half cup of soft butter, put in a cool place until about three o'clock in the afternoon, then roll out thin and spread with warm butter and sugar. Sprinkle with cinnamon; then cut off strips three inches wide and roll over until one and one-half inches in width; cut off slices and place in long gem tins to rise very light. Bake in medium hot oven.

For the lemon rolls turn a little lemon extract into your hand and rub with the sugar and butter over the dough and then roll and cut the same as for cinnamon rolls. Mabel Earle Selkirk.

**Crescents or Horseshoe Rolls.**—Use recipe for Parker house rolls. When light roll in a sheet one-fourth of an inch thick and cut in six-inch squares, then diagonally making triangles. Commence at longest side, roll toward the point, fasten and form in crescent shape. Place on tins some distance apart. When light bake in hot oven. Just before they are done brush over with a little milk. Mrs. George Hawkins.

**Bread Sticks.**—Take any good bread dough that has shortening. Knead till elastic. Take a small piece of the dough and roll into strips

the size and shape of a thick lead pencil. Place on greased pans a little apart and let rise, then brush over with white of egg mixed with water and bake in a hot oven.

**Hot Cross Buns.**—Make a sponge of one cup of scalded milk, cooled, tablespoon of sugar, yeast cake and cup of flour. Beat well and let rise till light. Add a fourth cup each of butter and sugar creamed, a well-beaten egg, one-fourth teaspoon of salt, half cup of raisins seeded and cut in pieces or currants and flour enough to make a soft dough. Knead lightly, place in greased bowl and let rise till double in bulk. Shape into medium sized biseuits, place in buttered pan an inch apart, cover and let rise till light. Glaze with egg diluted with water. With a sharp knife cut a cross on top of each and bake twenty minutes. While hot fill cross with plain frosting.

**Buns.**—Make a sponge of three cups of milk, one cup of sugar, one of yeast or a yeast cake, a little salt; in the morning add one cup of sugar, one of butter, a little soda, and one cup of English currants. Knead well and let rise. When light, shape into buns and let rise again, then bake. Just before taking from the oven brush buns over with white of an egg. Makes two tins. Mrs. Belding.

To freshen stale rolls dip quickly in cold water and heat in the oven. If the rolls are large they should be covered with a pan part of the time to prevent undue browning.

**Washington Cake for Breakfast.**—One egg, beaten; one small coffee cup sweet milk; small half cup of yeast; butter size of an egg; flour to make stiff, but not too stiff. Put in a tin and let rise over night. Bake for breakfast fifteen or twenty minutes. Mrs. Helen Knapp.

**German Coffee Cakes.**—Add half a cup of butter to a pint of luke warm milk, sift enough bread flour with a teaspoon of salt to make a batter as stiff as you can stir. Beat in half a cup of home-made yeast or half a yeast cake, and a cup of sugar, add two eggs and beat the batter until it blisters. In summer the dough should rise from eight to ten hours. In the morning add merely enough flour to roll out the dough. Let it rise two hours, then roll out until it is a little less than half an inch thick, cut into small cakes and let rise one-half hour, then bake for about twenty minutes in a quick oven. When they are cooled a little, break in halves and pile with their soft side up in a large dripping pan. Put them in a hot air oven for a day or two to become thoroughly dry. Miss Florence C. Mallon.



**Baking Powder Biscuits.**—One quart of flour; two heaping teaspoons of baking powder; two tablespoons of butter. Sift baking powder with the flour; rub in the butter, and add one coffee cup of sweet milk, cut into biscuits and bake in a quick oven fifteen minutes.

Mrs. M. S. Mallon.

**Baking Powder Biscuits.**—One quart of flour; three teaspoons of baking powder, a little salt, two heaping tablespoons lard; mix with sweet milk very soft. Cut into small biscuits.

Mrs. Spann.

**Tea Biscuits.**—Take one and one-half cups of unsifted flour heaping measure. Add a level teaspoon of salt, rounding teaspoon of soda and two rounding teaspoons of cream tartar and sift. Cut in one-fourth cup of butter and stir in quickly two-thirds cup of milk. Roll and cut out with small cutter. Put a small piece of butter on top of each biscuit before putting in the oven and bake quickly.

Mrs. Gertrude Skinner Washburn.

**Baking Powder Biscuits, without shortening.**—One large teaspoon of baking powder, a little salt, sifted with one cup of flour and moistened with milk. Roll very thin, cut, dip in melted butter and bake in a quick oven.

Mrs. Anna Heath Conant.

**Soda Biscuits.**—One cup of buttermilk, one-half teaspoon of soda, two tablespoons of lard, little salt. Sift more flour than is needed; in the center of flour sift soda and salt, mold lard in flour with fingers, make dough same as for pies, moistening with buttermilk. Roll thin and cut with biscuit cutter. Cook in hot oven, the quicker the better.

Mrs. W. C. Cochran.

**Sour Cream Biscuits.**—One quart of flour with two rounded teaspoons of cream tartar, a little salt, one small teaspoon of soda, in one-half cup of sour cream. Mix with sweet milk to a soft dough, roll out, shape with cutter and bake.

Mrs. Ford.

**Tea Biscuits.**—Mix together one large cup of sweet milk, one-half cup of melted lard, one well beaten egg, one teaspoon of salt, two teaspoons baking powder dissolved in a little milk and one small teaspoon of soda, flour enough to make a soft dough (about three cups) and roll to about an inch thick. Cut with biscuit cutter and bake in a quick oven about twenty minutes. *Do not mix long nor too hard.* Brush over top with melted butter and serve.

Miss Loella Ferris.

**Maple Biscuits.**—Roll a baking powder biscuit dough into an oblong, a scant half inch thick, spread lightly with butter and sprinkle with maple sugar. Roll like a jelly roll, cut off in pieces three-fourths of an inch thick and bake.

**Scotch Biscuits.**—One cup of thick sour cream; one and one-half cups of sour milk; one teaspoon of soda; salt. Knead with flour and roll out thin. Spread with sugar (white or maple). Roll like jelly cake; cut off size of biscuit; bake quickly. Mrs. F. White.

**Afternoon Tea Rolls.**—Sift together two cups of flour, four level teaspoons of baking powder and a little salt. Cut in two rounding tablespoons of butter and add milk enough so that mixture may be dropped from spoon without spreading. Drop by spoon on a buttered pan, brush over with milk and bake in hot oven eight minutes. Makes about sixty. Miss S. Helen Andrews.

**English Oven Scones.**—Rub two rounding tablespoons of butter into two cups of flour, add one heaping tablespoon of sugar, one-fourth teaspoon of salt, one teaspoon of soda, two teaspoons of cream tartar. Beat one egg, put one-half of it into a cup, then with one-half of it and some sweet milk, make the other ingredients into a soft dough. Knead it a little on floured board, divide into five pieces, make them smooth and roll out not too thin, cut them into four small cakes, lay on a greased baking tin, brush them over with egg and bake in a hot oven ten minutes. The dough should always be lightly handled.

Mrs. O. S. Lawrence.

**Tea Rolls.**—One egg, one-half cup of butter, scant, one-half cup of sugar, one cup of milk, three teaspoons of baking powder; flour enough to stiffen, so that it will drop from a spoon into hot gem pans. Bake in a very quick oven. The same recipe, omitting the sugar, makes good Graham rolls. Mrs. Addie Barry Hickok.

**Southern Squash Bread.**—Three eggs, one large cup of corn meal, three of sifted squash, one of sugar, one of cream or milk, teaspoon of soda, salt and butter the size of an egg. This amount will make two tins. Mrs. Abiel Smith.

**Squash Rolls.**—Cream together one-half cup of sugar and one-third cup of butter, add one well-beaten egg, a little salt, three-fourths cup of milk with one teaspoon of soda, one cup of sifted squash, two teaspoons cream tartar in flour enough to make a thick batter. Bake in gem pans. Mrs. Carrigan.

**Breakfast Puffs.**—Two eggs, one cup each of milk and flour, one tablespoon of melted butter, a pinch of salt. Beat eggs until light then add other ingredients. Put in hot pans in a hot oven.

Mrs. M. J. Hepburn.

**Sally Lunn.**—One-half cup each of sugar and butter beaten to a cream, two well-beaten eggs, one cup of sweet milk, two cups of flour with two teaspoons of baking powder. Beat all together for five minutes. Pour into a tin and bake in moderate oven. Mrs. H. E. King.

**Coffee Bread.**—Cream a piece of butter half the size of an egg with one-half cup of sugar, to this add two well-beaten eggs, a little salt; stir all well, then put in two cups of milk. Sift together one quart of flour and four teaspoons of baking powder. Add flour to the mixture, beat well and pour into shallow tins. Sprinkle sugar and cinnamon over the top and bake in hot oven.

Mrs. Frank Haven.

**Laplanders.**—Two eggs, beaten; one pint of milk; a little salt; one pint of flour; three tablespoons of melted butter. Heat the irons quite hot and grease them. Pour the mixture in and bake in a quick oven, in French roll irons, fifteen or twenty minutes. This makes two dozen.

Mrs. B. Webster.

**Maryland Beaten Biscuits.**—Three pounds of flour, southern wheat flour or good patent flour, half a pound of pure lard, and cold water to make a stiff dough. Add a little salt. Lay a cloth on the table, dredge with flour and put dough on this. Beat it with a hard wooden mallet or flat iron or broad hammer used by the Maryland cook. Roll up the dough and repeat the beating and rolling until the dough will snap when a small piece is pulled off. Pinch off the dough in small biscuits and knead them, thumb in the middle of each, into smooth biscuits, hollow in the center. Prick with a fork, place in greased pans not near enough to touch and bake in a fairly hot oven about twenty minutes, they must not brown much.

Mrs. Mary A. Carlisle.

**Apple Kuchen.**—Two cups flour, one-half teaspoon salt, two teaspoons baking powder, four level tablespoons shortening, one scant cup milk, four sour apples, sugar and cinnamon. Sift dry ingredients into mixing bowl, work in shortening and add milk. Knead lightly, roll out and place in buttered tin. Add apples cut into eighths, press into dough keeping them close together. Dust thickly with granulated sugar and cinnamon. Bake in hot oven thirty minutes.

Mrs. Henry L. Woestmann.

**English Muffins.**—Scald a pint of milk with a tablespoon of butter or lard and when luke warm, add a half yeast cake, teaspoon of salt and two cups of flour. Beat well, add enough flour to make a soft dough and knead till elastic. Place in a greased bowl, let rise till double its bulk. Form lightly into round flat muffins one-half inch thick. Let rise about one-half hour and slip muffins on a hot griddle and bake slowly on both sides, or put in buttered rings, let rise, then with spatula lift ring and contents to griddle and bake. Then tear apart with fork, toast, butter and serve with tea and marmalade. Mrs. Janet Allan.

**Raised Muffins.**—One pint of milk; a piece of butter the size of a butternut; three tablespoons of yeast; add flour to make a thick batter, let rise over night; in the morning, add two well-beaten eggs, and bake in rings. Mrs. C. A. Wood.

**English Crumpets.**—Add to raised muffin batter a level tablespoon of sugar. When light put greased rings on a hot griddle pour in batter one-fourth inch thick, bake slowly and turn to brown the other side.

**Muffins.**—One egg, small one-half cup of sugar, one-half cup of milk, two tablespoons of melted butter, one cup of flour, pinch of salt, one teaspoon of baking powder mixed in the flour. Bake about fifteen minutes. Mrs. Carrie King Hall.

**Muffins.**—One pint of flour, one cup of milk, one egg, one large tablespoon of sugar, one teaspoon of cream tartar, one-half teaspoon of soda, pinch of salt, butter the size of a walnut meat melted with the soda in a little warm water. Beat the egg and sugar together, then add the milk with the soda and water, sift the cream tartar with the flour and mix all together. Bake in patty tins. Mrs. Frederick J. Seaver.

**Rice Crumpets.**—One cup each of cooked rice, sweet milk and flour, two eggs, one tablespoon of sugar, and one and one-half of melted butter, a pinch of salt and one heaping teaspoon of baking powder. Thoroughly mix rice and milk, add sugar, salt and beaten eggs, the flour with baking powder then the melted butter. Stir well and bake in piping hot gem pans in hot oven. Mrs. Mason.

**Pop Overs.**—One cup each of flour and milk, three eggs beaten light. Mix and beat hard for fifteen minutes. Put into hot cups or patty tins which have been well buttered, bake in hot oven twenty or thirty minutes. Mrs. Breed.

**Pop Overs.**—Two cups of sweet milk; two scant cups of flour, three eggs, salt. Beat eggs light; then add milk and flour and beat all five minutes. Pour into hot gem irons and bake in a quick but not scorching oven.

Mrs. Munger.

**Berry Tea Cakes.**—One-half cup of sugar, one egg, three-fourths cup of milk, one level teaspoon of baking powder, piece of butter one-half the size of an egg. Flour sufficient for a stiff batter. Into this batter stir one cup of fresh berries or the canned ones without the juice. Dried berries soaked about ten hours, and drained, can be used for the same purpose.

Mrs. McClary.

**Blueberry Cake.**—Cream together one cup of butter and two of sugar, add to this three well-beaten eggs and one-half teaspoon of soda dissolved in one-half cup of sweet milk. Sift one teaspoon of cream tartar with four cups of flour. Roll two cups of blueberries in the flour and add the last thing. Bake in two shallow tins. To be eaten warm. This can be used as a pudding, served with sauce.

Mrs. W. H. King.

**Parker House Corn Cake.**—Mix one cup each of flour and Indian meal, one and one-half teaspoons of cream tartar, one teaspoon of soda, and a little salt, together. Mix one egg, one-half a cup of sugar, butter the size of an egg, and one cup of warm sweet milk together; then pour the liquid into the dry mixture; beat well and bake.

Miss Childs.

**Corn Cake.**—Cream one-half cup of sugar and one tablespoon of butter, then beat in one egg. Add one cup of sour milk with one-half teaspoon of soda, one cup of Indian meal and one teaspoon of baking powder sifted in one cup of flour. Stir all well, pour in shallow tin and bake about half an hour.

Mrs. C. L. Hubbard.

**Corn Cake.**—Sift two teaspoons of cream tartar in one cup of flour (scant), put the flour and one cup of corn meal in the mixing bowl and add five tablespoons of melted butter, a pinch of salt and mix as for pie crust, add one teaspoon of soda dissolved in one cup of sweet milk, and two well-beaten eggs. Stir all together and bake in a shallow pan.

Mrs. John King.

**Corn Gems.**—Scant one-half cup of sour cream filled up with sour milk; one beaten egg, one tablespoon of sugar, one cup of meal, one cup of flour, one teaspoon of baking powder in the flour, one-half teaspoon of soda in the cream and milk, little salt; mix all together. Bake in gem irons.

Mrs. Nellie M. Baker.

**Southern Spoon Bread.**—Stir into a pint of milk enough cornmeal to make a thin batter, add a teaspoon of baking powder, salt and two eggs, the whites and yolks of which have been beaten separately. Pour the mixture into a baking dish, smooth the top with a broad flat knife and dot with pieces of butter. Bake and serve in the dish with a spoon. This is excellent for adults or children.

Mrs. Mary A. Carlisle.

**Corn Gems.**—Blend one-fourth cup of sugar, two tablespoons of melted butter and one beaten egg. Add one cup of sweet skim milk, one-half teaspoon of salt and one-half cup of corn meal, also one and one-half cups of flour, with two rounding teaspoons baking powder sifted in it. Bake in hot oven about twenty minutes. Makes one dozen gems.

Mrs. Ransom.

**Graham Gems.**—Make same as corn gems using one cup of Graham flour and one cup of white flour. Makes one dozen.

Mrs. Ransom.

**Graham Gems.**—One-half cup of thick sour milk, two large spoons of cream or one of butter, one tablespoon of molasses, one-fourth cup of sugar, one egg beaten light, one-half teaspoon of soda, a little salt and one cup of unsifted Graham flour. Bake in gem pans. Makes ten gems.

Mrs. McClary.

**Graham Gems.**—One cup of creamy sour milk, one teaspoon of soda, pinch of salt, one and one-fourth cups of Graham flour, stir all well together and bake in hot gem irons. Buttermilk is desirable. Makes eight gems.

Miss Carrie B. Stevens.

**Graham Gems.**—Two cups of sour milk, one teaspoon of soda, a little salt, melted butter the size of an egg; add Graham flour until quite thick. Bake in hot iron gem moulds.

Mrs. C. A. Wood.

**Laxo Gems.**—Rub one-fourth cup of butter with two and a half cups of Graham flour and one of white flour. To one and a half cups of sour milk add one-third cup of brown sugar, one even teaspoon of salt and a teaspoon of soda, add to flour, stirring to a smooth batter. Dust one cup of seeded raisins and one of chopped figs with flour. Add to batter, stir well and put into heated gem irons and bake in hot oven.

**Bran Gems.**—Two cups of bran, one cup of white flour or whole wheat flour, one egg, one and one-fourth cups of milk, sweet or sour, one-third cup of molasses, one level teaspoon of soda. Bake in gem irons.

Mrs. Spann.



**Corn Pone.**—To one tablespoon of well cooked rice, add one pint of milk and when scalding hot stir in three-fourths of a cup of fine corn meal and let cook a few minutes. Remove from stove and add piece of butter the size of an egg, one egg beaten light, one tablespoon of sugar, salt to taste, and one teaspoon of baking powder in one-fourth cup of flour. Put into a baking dish and bake twenty minutes.

Mrs. Samuel Howard.

**Wheat Griddle Cakes.**—Two eggs, two cups of sour milk, one and one-half teaspoons of soda, butter the size of an egg, one-half teaspoon of sugar and one of salt; flour to make a thin batter; if mixed the night before they are better. Put in a cool place and in the morning let stand in a warm room ten or fifteen minutes before frying. If any batter is left it can be used when making more cakes. Mrs. Ralph.

**Note.**—All cakes should be turned lightly and placed upon the plate carefully.

**Wheat Griddle Cakes.**—One pint of sour milk, one teaspoon of soda, or sweet milk and two teaspoons of baking powder, two tablespoons of butter, salt, two eggs beaten light and flour for a batter. Beat all thoroughly and fry on a griddle greased with a piece of salt pork or on an aluminum griddle without greasing. Mrs. McClary.

**Wheat Griddle Cakes.**—One pint of flour, one heaping teaspoon of baking powder, one pint of milk, three eggs, a little salt, two tablespoons of melted butter. Put flour with baking powder into a bowl, then stir. Break the yolks into the mixture without beating, add salt and melted butter. Beat all together thoroughly. Beat the whites and stir in lightly, just enough to mix well, fry at once.

Mrs. Carrie King Hall.

**Adirondack Cakes.**—Take any wheat griddle cake recipe. Bake several pancakes as large as a breakfast plate. Butter and cover each with shaved maple sugar. Pile them over one another and cut like a pie.

**Graham Griddle Cakes.**—Mix two cups Graham and one cup wheat flour, two teaspoons baking powder, one teaspoon salt. Then add two well-beaten eggs, one tablespoon butter, and about two and one-half cups sweet milk. Cook on hot griddle. White House Cook Book.

**Corn Meal Griddle Cakes.**—Scald one cup of fine corn meal with two-thirds cup of boiling water, let stand till cool, then add two well beaten eggs, one teaspoon of salt and two-thirds cup of wheat flour.

Thin the whole with one cup of sour milk. Beat till very light and add one teaspoon of soda dissolved in a little warm water.

Lilian Lavine Crinklaw.

**Rice Griddle Cakes.**—Two cups of cold boiled rice, press through strainer, one pint of flour, one teaspoon of sugar, one-half teaspoon of salt, two teaspoons of baking powder. Mix rice with one and one-half cups of milk, add one beaten egg, then the flour with baking powder. Stir to smooth batter and bake.

**Bread Griddle Cakes.**—Put two cups of bread crumbs in two cups of sour milk and soak over night or till soft. Press through a strainer, add one well beaten egg, teaspoon of soda, a cup of flour and scant tablespoon of melted butter. Mix well and if too thin add a little flour. Bake on hot griddle.

**Buckwheat Griddle Cakes.**—One cup of buckwheat flour, one cup of wheat flour, two teaspoons of baking powder, one-half teaspoon of salt. Mix well and sift and then mix to a thin batter with sweet milk. Fry on hot griddle well greased with equal parts of butter and lard.

Mrs. Frederick G. Paddock.

**Buckwheat Griddle Cakes.**—Take one quart of luke warm water and stir in three teacups of buckwheat flour and three-fourths cup of yeast, or a whole yeast cake. Let this rise over night in a medium warm place and in the morning add salt and two level teaspoons of soda dissolved in warm water and one-fourth cup of sweet milk; the milk browns the cakes. Have the griddle quite hot and greased with a piece of salt pork placed on a fork. Test and add more milk if the cakes are not thin enough, also a little more soda, dissolved in water, if the cakes are sour. Leave the remaining batter in the vessel to use another time and the night before using add water again and buckwheat flour as above; so continue but occasionally add a little more yeast.

Mrs. Parmelee.

**Apple Pancakes.**—Take three well-beaten eggs, one pint of milk, half a teaspoon of salt, two tablespoons of sugar, two teaspoons of baking powder, two tablespoons of melted shortening and flour to make a thick drop batter. Into this stir one pint of finely chopped tart apples. Serve with plenty of butter and spiced sugar or with syrup.

Mrs. Marshall Howard.

**Waffles.**—Add to one pint of sour milk a level teaspoon of soda, mix thoroughly; add the yolks of two well-beaten eggs, one tablespoon

of melted butter, two-thirds teaspoon of salt, one pint of flour, then add the beaten whites of the eggs, lightly. Cook in waffle irons over a hot fire.

Mrs. W. H. Barney.

**Waffles.**—One pint each of sweet milk and flour, one tablespoon of butter, three eggs, two teaspoons of baking powder, a little salt. Sift together, flour, baking powder and salt, add well-beaten yolks of eggs to the milk, then pour on the flour, stir well; add the butter, melted, and lastly the beaten whites of the eggs. Have the waffle irons *hot* and well greased, put some of the batter in each compartment and let down the top. When baked on one side, turn the iron to brown the other side. When cooked remove waffles with a fork. Mrs. Belding.

**Fritters.**—To two well beaten eggs add a little salt, two cups of sour milk with one teaspoon of soda and flour enough to make a batter quite stiff; drop by spoonfuls into hot lard. When cooked remove with skimmer; drain and serve with hot maple syrup.

Mrs. Wells S. Dickinson.

**Fritters.**—One cup of sweet milk heated a little more than milk warm, a pinch of salt, two beaten yolks of eggs, two cups of flour in which is sifted one teaspoon of baking powder; add well-beaten whites of eggs and drop the batter with a spoon into hot lard.

Mrs. Horrigan.

**Raised Doughnuts.**—Sponge at night by putting one and one-half pints of flour in a deep bowl. Add one pint of milk (scalded and cooled), one-half cup of yeast or one yeast cake, one small teaspoon of salt, one-half cup of butter and lard mixed cold into the sponge, and egg well beaten. In the morning work in flour enough for medium soft dough. Knead well and cut with a knife. Let this rise, when light, knead slightly, roll out, cut into cakes, put on a board and when sufficiently light, fry in lard.

Mrs. McVickar.

**Raised Doughnuts.**—Boil and mash three medium sized potatoes and beat with a silver fork till creamy, adding a little water if necessary. At night make a sponge of this, one quart of water, lard half the size of an egg, tablespoon of sugar, teaspoon of salt and one yeast cake. In the morning add three well-beaten eggs to a cup and a half of sugar and beat well. Melt together equal quantities of lard and butter, add two-thirds of a cup of this to sugar and beat thoroughly, then stir into the sponge, add flour and knead well and let rise till very light, then knead carefully — just enough to take out air bubbles. Roll out about

as thick as soda doughnuts and cut. Let rise again. Keep at same temperature, air blowing on them will spoil them. When frying, put the side next the board next the lard. Do not have lard as hot as for soda doughnuts.

Mrs. Thomas Adams.

**Aunt Susan's Raised Doughnuts.**—One quart of milk; one cup of butter; two cups of sugar; two eggs; one small cup of yeast. Prepare the sponge with flour at night.

**Raised Doughnuts.**—Make a sponge at night with one pint of scalded milk, one-half cup of yeast or a yeast cake and a teaspoon of salt. In the morning add to the sponge three well-beaten eggs, one cup of sugar, one-half cup of butter, melted, and soda size of a bean. Stir all together and beat ten minutes working in enough flour to make a stiff dough. Knead well and put in bowl to rise. When light turn out on the bread board, roll and cut with doughnut cutter. Let them remain on the board till light and fry in hot lard.

Sarah Cunningham.

**Raised Doughnuts.**—Scald together one pint of milk and one-fourth cup each of butter and lard, let cool; add yeast cake dissolved in a little warm water and flour to make a thin batter, let rise over night. In the morning add two well-beaten eggs, one cup of sugar, one tablespoon of salt; beat well, then add one-third of a teaspoon of soda and flour to knead, not quite as stiff as bread; let rise, turn on board cut with doughnut cutter, let rise again and fry. Julia B. Lawler.

**Baking Powder Doughnuts.**—Cream one cup of sugar and one-half teaspoon of lard; add one beaten egg, one teaspoon of salt, a little nutmeg, one cup of sweet milk. Put three teaspoons of baking powder in two cups of flour, stir into the mixture, then add enough flour to mix soft; turn on bread board and pat out the dough, never roll them, cut and put in smoking hot lard, turn at once and turn several times while frying.

Miss Hattie H. Webster.

**Doughnuts.**—One egg, one cup each of sugar and sweet milk, two tablespoons of melted butter, two teaspoons of baking powder, a little salt. Put sugar, egg and butter together and beat well. Put baking powder in about three-fourths of a pint of flour and sift, add to the egg mixture, stir well and put in the milk. If necessary, add more flour to make a soft dough to roll out. Cut in shape and let remain twenty to thirty minutes before frying.

Mrs. S. Robinson.

**Sour Cream Doughnuts.**—Two eggs, two heaping teaspoons of cream tartar, one heaping coffee cup of sugar, nutmeg, all stirred together. Full two-thirds of a cup of sour cream, one and one-half coffee cups of sweet milk, one small teaspoon of salt, two teaspoons of soda, added dry to the flour. Flour enough to roll soft. Cut out and fry.

Mrs. Belding.

**Doughnuts.**—One cup of sugar, butter half the size of an egg, scant, two eggs, three-fourths of a cup of thick sour milk, three-fourths of a teaspoon of soda, a little nutmeg, a pinch of salt, flour to roll out soft.

Mrs. Frank Haven.

**Plain Doughnuts.**—One tea cup of thick sour milk, one-third of sour cream; add flour for thick batter at night; in the morning add one teaspoon of soda dissolved in a little milk, one-half of salt, one egg beaten into the batter thoroughly; roll soft, cut out and fry.

Mrs. Clinton Stevens.

**Plain Doughnuts.**—One cup of sour cream, one teaspoon of soda, one egg. Put the soda into the cream, beat the egg and pour into that, then beat together, putting in about one teaspoon of salt. Flour to roll out. Cut in strips and twist. Then fry.

Mrs. Vilas.

**Coffee Cakes.**—One quart of flour, butter one-half the size of an egg, three teaspoons of baking powder, one teaspoon of salt, mix as soft as can be rolled, cut in rings and fry in deep hot lard like doughnuts. Serve for breakfast with coffee.

Mrs. Leroy W. Hubbard.

**Crullers.**—One-half cup each of granulated and powdered sugar, one cup milk, four of flour, three teaspoons baking powder, three eggs, one-half a cup of butter (let it get a little soft), and a little nutmeg. Cut with small cutter, fry and roll in powdered sugar. In using half the recipe use two eggs.

Mrs. Frank Haven.

**Crullers.**—Beat to a cream one cup of butter, one and one-half cups of confectioner's sugar. When light add the beaten yolks of six eggs, one-half teaspoon each of mace, nutmeg and salt. Then the stiffly beaten whites, alternating with flour enough to make dough to roll and cut out. Fry in lard.

Miss Channell.

**Crullers.**—Two eggs well beaten, one cup of sugar, one cup of sweet milk, three tablespoons of butter or lard, one teaspoon of soda, two of cream tartar, one-half teaspoon of salt, flour to roll soft. Cut in three-

inch squares, make three slits in center of each square with a pastry cutter or knife. Fry in hot lard and sprinkle with pulverized sugar if desired.

Mrs. W. H. King.

**Crullers.**—Three eggs, three tablespoons of melted butter; five of sugar, one-fourth of a teaspoon of soda dissolved in a little milk; season with nutmeg. Flour to roll soft. Cut same as above recipe.

Mrs. Abbott.

**Rosette Crullers.**—Three tablespoons of butter, three of sugar, stirred to a cream; three eggs, yolks and whites beaten separately; flour enough to roll and shape, cut the dough into strips eight or nine inches long, one inch wide, and on one edge make cuts with a sharp knife one-third of an inch apart; form into rosettes; fry on under side; turn carefully, and brown lightly the upper side. When taken from the kettle sift powdered sugar over them.

Mrs. McClary.

**Wellesley Toast.**—Take four slices of crispy, non-crusty toast, butter thickly and then sprinkle lightly with a compound composed of three teaspoons of pulverized sugar and two of powdered cinnamon. Place in oven a few minutes and serve with tea.

Miss Alys Paddock.

**Milk Toast.**—One pint of scalded milk, two tablespoons of butter, two tablespoons of bread flour, one-half teaspoon of salt, six slices of dry toast. Add cold water gradually to flour to make a smooth paste. Add to milk, stirring constantly until thickened, cover and cook twenty minutes; then add salt and butter in small pieces.

Cut six slices of bread one-half inch thick, place in oven to dry out moisture and then toast to a golden brown; dip the edges of each slice into boiling salted water, arrange on a serving dish and pour over them the cream sauce.

**Cheese Cream Toast.**—Use stale bread. Toast and cover with grated cheese. Make a cream sauce of one cup of milk and one tablespoon each of flour and butter, season with salt. Place toast with cheese in oven four minutes, then pour over cream sauce.

Miss Ellison.

**Tomato Toast.**—Pour over slices of buttered toast stewed and well seasoned tomatoes. Tomatoes should be cooked till thick.

**German Toast.**—One egg; one cup of milk. Dip into this slices of bread; butter a hot spider and brown the bread in it.

Mrs. Thorndike.



**Cornmeal Mush.**—One quart of boiling water, one cupful of cornmeal and one teaspoon of salt. Stir the cornmeal to a paste with a little cold water and add it to the salted boiling water in a kettle. Cook steadily three hours, stirring hard and often. Avoid making the mush too stiff.

**Fried Mush.**—Make mush like the above recipe, turn it into baking powder cans or bread tins and when cold slice it and fry in butter in the frying pan, turn and brown well on both sides. Serve hot.

**Oat Flakes.**—Put one quart of boiling water in a double boiler, a salt spoon of salt; when boiling stir in gradually one cup of oat flakes and cook, stirring occasionally, for an hour or more.

**Hominy.**—Thoroughly wash one-half cup of hominy, cover with three cups of cold water, salt spoon of salt and let come to a boil slowly. Cook six hours or more in a double boiler. When the water evaporates add hot water.

## SANDWICHES

There is nothing more relishing than a *good* sandwich. The bread, the butter, and especially the seasoning require careful attention.

Use white, Graham, rye, entire wheat, nut or brown bread; cut into thin slices. The butter should be softened and spread on the bread evenly and thinly, using plain or flavored butters. Place the prepared filling upon one slice cover with the other and press lightly, then cut in any shape desired.

When slices of meat are used, let them be cut as thin as a wafer, free from all gristle and fat.

Sweet sandwiches are offered with cocoa or tea; bread, wafers, or lady fingers may be used as the foundation of these; jams, jellies, marmalades, preserved ginger, etc., are the usual fillings.

### FLAVORED BUTTERS

*Tartare.*—One teaspoon each of finely chopped capers, gherkins, and olives; one teaspoon each of tarragon vinegar and lemon juice, one-half teaspoon each of French mustard and paprika and two generous tablespoons of butter. Cream butter and mix with other ingredients.

*Horse Radish.*—Two teaspoons of grated horse radish, one teaspoon of lemon juice or tarragon vinegar, three teaspoons of butter. Mix.

*Cheese.*—Two tablespoons of grated cheese, one teaspoon each of walnut vinegar and anchovy paste, same of French mustard; one teaspoon of Worcestershire sauce, two tablespoons of butter. Mix.

*Whipped Cream.*—Cream one-fourth cup of butter, add slowly one gill of whipped cream, salt and mustard to taste. Put in a cool place until needed.

**Peanut Butter.**—Take one pound of shelled raw Spanish peanuts and roast to a delicate brown. Remove all skins and grind in a meat chopper using finest knife. Put through six or seven times or until oily enough to spread easily. Salt to taste at third grinding. Pack closely in covered tumblers.

Mrs. J. Duncan McNair.

**Ham Sandwiches.**—Chop cold boiled ham very fine, and to every cupful allow one tablespoon of melted butter, the yolks of two hard-boiled eggs, one teaspoon of lemon juice, one-fourth of a teaspoon each of dry mustard and paprika. Pound all to a paste.

**Dutch Sandwiches.**—Between thin, buttered slices of rye bread, spread chopped beef, cheese or chicken, covered with finely chopped pickles; or bologna sausage or cream cheese mixed with finely chopped chives.

**Lemon Sandwiches.**—Mash the yolks of three hard boiled eggs, add two ounces of butter, one-fourth teaspoon of salt, a dash of cayenne, one teaspoon of chopped parsley and grated rind of a lemon. Mix into a paste with three tablespoons of lemon juice. Use whole wheat bread. These are delicious with a fish or seafood salad.

Dame Curtesy.

**Rolled Sandwiches.**—As soon as white or entire wheat bread comes from the oven, roll each loaf in a towel rung out of cold water, then surround with dry towel. In about an hour slice the bread as thin as possible, trim to shapes twice as long as wide, spread with creamed butter and roll like a jelly roll. Set aside close together wrapped in a towel till ready to serve, then press a sprig of cress into the end of each sandwich.

American Cookery.

**Open Cracker Sandwiches.**—Select small thin, round or square crackers. Cream three or four tablespoons of butter, then beat in as much “snappy” or “MacLaren’s” cheese as the butter will take. Spread the cheese on the crackers, rounding to dome shape in center, set bits of red bar-le-duc, crab apple or preserved quince on the edge.

Miss Zaidee Vosper.

**Egg Sandwiches.**—Boil eggs hard, when cool remove shell and put eggs through vegetable press. To each egg allow one-half teaspoon of soft butter, a little vinegar, pepper and salt to taste. Mix to a paste; spread on the bread and use small crisp lettuce leaves between the slices.

Mrs. Sarah Robb Taylor.

**Celery Sandwiches.**—Cut the celery fine and chill, butter the bread; mix the celery with Mayonnaise, spread on the slice, cover it with another buttered slice and cut into desired shape.

Mrs. Sarah Robb Taylor.

**Watercress Sandwiches.**—Make like celery sandwiches.

**A Summer Sandwich.**—Cover buttered Graham bread with thin slices of cucumber, over which sprinkle grated American cheese after adding a thin coating of cream salad dressing.

Mrs. Josephine Munger Channell.

**Surprise Sandwich.**—Cream one-fourth a cup of butter and two ounces of any mild soft cheese. Season well with paprika. Prepare a little crab meat or tender lobster seasoned with French dressing. Cut bread in fancy shapes, spread lightly with cheese mixture, place a bit of the crab meat in the center of part of the pieces and press the others above.

American Cookery.

**Ham and Chicken Sandwich.**—One-half cup each of finely chopped and cooked chicken and ham moistened with sauce Tartare.

Miss Katharine A. Paddock.

**Tomato Sandwich.**—Peel and cut in slices firm tomatoes. Sprinkle with salt and let stand an hour in the refrigerator. Cut bread in thin slices and form with a round fluted cutter. Cover the slices generously with Mayonnaise and place a tomato, well drained between. Serve immediately.

Miss Jean Hawkins.

**Olive Sandwiches.**—Butter slightly round thin slices of bread; lay between each sandwich one or two lettuce leaves and olives sliced very thin, which have been prepared a few hours and kept on ice. Cover the lettuce and olives with cream or Mayonnaise dressing. Serve as soon as possible after preparing.

Mrs. Emilie McClary Woodbury.

**Club Sandwiches.**—Arrange on thin slices of toast crisp lettuce leaves, thin slices of cooked bacon and cover with thin slices of cold roast chicken. Cover chicken with Mayonnaise, and on this a slice of toast.

**Rookie Sandwich.**—Drain one small can of sardines, mince fine with fork, add one tablespoon of lemon juice, one tablespoon *thick* sour cream, a little grated onion, one minced pimiento, paprika and salt to taste. Mix well with fork. Spread on squares of crisp toast, garnish with a stuffed olive cut in halves and one teaspoon of Mayonnaise.

Mrs. C. L. Capron.

**Toasted Cheese Sandwiches.**—Cut the bread in thick slices, trim off the crusts, and toast in the oven to a delicate brown. Open the slices with a sharp knife, and spread between the toasted sides, slices of cheese and a sprinkling of paprika, if desired. Return to the oven and toast on each side.

Mrs. Alice F. Stevens.

**Saltine Sandwiches.**—Mix together a cream cheese, one tablespoon butter, one-half cup chopped nut meats and two finely chopped pimientos. Spread thickly between saltines.

Miss Katharine A. Paddock.

**Marshmallow Sandwich.**—Spread bread with minced pecan nuts creamed with butter, then a layer of sliced marshmallows and a few cut Maraschino cherries.

**Spanish Sandwiches.**—Spread buttered Graham bread with mustard; then with a layer of cottage cheese; and then with a layer of chopped olives mixed with Mayonnaise.

**Sardine Sandwiches.**—One small box of sardines, yolk of one hard-boiled egg, juice of one lemon and a little cayenne. Drain the sardines, remove skin and bones and mash with a fork. Add the egg yolk rubbed through a sieve, the lemon juice, cayenne and enough melted butter to make a paste. Do not butter the bread, but spread the paste directly on it.

**Nut Sandwiches.**—Chop the nuts very fine making a mixture of one-half almonds, one-quarter English walnuts and the remainder hickory nuts. Butter the bread, slice, put on it a thin layer of the chopped nuts, a dust of salt, a sprinkle of grated cheese and cover with another slice.

**Peanut Sandwiches.**—Take one quart of freshly roasted peanuts, remove the outer shells and the inner red skins and pound to a paste. Add sufficient Mayonnaise to enable you to spread it on the loaf, then cut in thin slices and press together.

**Nut and Cheese Sandwiches.**—Cream one roll of Neufchatel cheese. Add a little salt and a dash of red pepper or paprika. Paprika, by the way, should always be used with cheese, as it develops the flavor better than any other pepper. Mix with the cheese half a cup of chopped or pounded nuts and spread on slices of rye, Graham, whole wheat or Boston brown bread.

**Cheese Jelly Sandwiches.**—To the beaten yolks of two eggs add one saltspoon each of salt, white pepper and French mustard. Mix well and stir in one cup of hot milk to which has been added a pinch of soda. Stir over fire in double boiler five minutes or until heated to a custard. Have ready one and a half teaspoons of gelatine, which has soaked two hours in one cup of cold water. Take custard from stove and beat in gelatine alternately with a tablespoon of

cream. Set in boiling water and when hot add one scant cup of grated cheese. When it becomes a smooth paste turn out to cool in a deep plate. Do this the day before using; slice and lay between buttered bread.

Mrs. Jessie Horrigan Snell.

**Orange Marmalade Sandwiches.**—Toast, butter and spread with marmalade, thin slices of bread. Place two together, cut in strips one inch wide. Serve hot.

**Currant Jelly and Nut Sandwich.**—Butter bread, spread with jelly and sprinkle with finely chopped pecan nuts and press two pieces of prepared bread together.

**English Sandwich.**—To a half cup of thick Mayonnaise, add two tablespoons of whipped cream, dessert spoon of grated horseradish, and two dessert spoons of finely chopped cucumber. Spread the bread with this mixture, then with a thin layer of finely chopped rare beef, cover with more dressing and the other slice of bread.

**Roast Beef and Tomato.**—Butter whole wheat or brown bread, cover with a thin layer of rare roast beef, put on top of this a slice of tomato, dust with salt and pepper, pour over Mayonnaise and cover with bread.



## SANDWICH FILLINGS

No. 1.—Six stalks of celery, two large or six small pimentoes, one small onion; chop all fine and mix to a paste with Mayonnaise dressing. Mrs. Wallace C. Short.

2.—Three hard-boiled eggs minced very fine with half their bulk of sharp green pickles chopped equally fine. Season with salt and pepper and work in a little butter.

3.—Rub together half a Philadelphia cream cheese, a tablespoon of butter, the powdered yolks of two hard-boiled eggs; season with salt and paprika; mix thoroughly.

4.—Mix a cream cheese with an equal amount of chopped walnuts, a little paprika and salt, moisten with cream.

5.—Mix a cream cheese with an equal amount of chopped pimolas, season with salt and cayenne, moisten with cream or Mayonnaise.

6.—Cottage cheese and minced hard-boiled eggs mixed with Mayonnaise.

7.—Dutch or Swiss cheese made into paste with cream, add finely chopped nuts.

8.—Minced hard-boiled eggs mixed with grated cheese and moistened with cream dressing.

9.—Chicken pounded to a paste, yolk of cooked egg, celery salt, a few drops of onion juice; moisten with butter and Hollandaise sauce.

10.—Cooked veal and hard-boiled eggs chopped fine and mixed with Mayonnaise.

11.—Cheese and shredded green peppers seasoned with dressing.

12.—Cold roast beef, chopped fine, seasoned with tomato catsup, celery sauce, Worcestershire, and grated onion.

13.—Cold boiled fish, and cucumbers finely minced and mixed with French dressing.

14.—Lobster meat chopped fine, season with Tabasco, lemon juice and oil.

15.—Thinly sliced cold boiled ham with a little French mustard.

16.—Rub the yolks of hard-boiled eggs to a paste, moisten with soft butter and season with anchovy essence.

17.—Moisten a cream cheese with cream and stir in finely chopped green peppers. Mrs. Lucy King Allen.

18.—Potted ham, tongue and chicken mixed.

19.—Peanut butter spread thinly.

20.—Mix three tablespoons of lemon juice, three of olive oil, and one-quarter pound Russian caviare. Beat until creamy.

21.—Mix one-quarter cup of Mayonnaise with one quarter cup of horseradish. Sprinkle slices of tomato with salt. Spread bread with horseradish mixture and put sliced tomatoes between.

22.—Pare and slice cucumbers very thin; marinate with French dressing.

23.—Cucumber, grated onion, and Mayonnaise.

24.—Peanuts mashed to a crisp; mix with Mayonnaise.

25.—One cup of cold roast chicken, three olives, one pickle and a tablespoon of capers. Chop fine and mix with Mayonnaise.

26.—**Novelty Filling.**—One small onion, nine olives, one green pepper, one chow-chow pickle, one cup grated cheese. Chop fine the ingredients and add enough mustard dressing from the chow-chow to form a paste.

Miss Katharine A. Paddock.

27.—Mash the contents of a can of salmon and add the yolks of six hard-boiled eggs riced, half a teaspoon of salt, one-fourth teaspoon paprika, two tablespoons each of lemon juice and chopped parsley and half a cup of boiled salad dressing.

28.—Mash a cup of baked beans, add a tablespoon of minced boiled ham, season with pepper, French mustard and rub to a paste with a tablespoon of butter.

29.—Swiss cheese spread with French mustard.

30.—One-half pound cheese, one can pimientos, one small onion. Run through meat grinder separately and then together making a paste.

31.—Beat one-fourth cup of butter to a cream, gradually beat in the same amount of grated cheese and two finely chopped pimientos.

32.—To the above mixture add crab flakes shredded very fine.

33.—**Piquant Filling.**—Chipped beef chopped very fine and mixed with Mayonnaise.

34.—Dip thin slices of cucumber in French dressing and sprinkle over finely chopped fresh mint.

35.—Stir a little Worcestershire sauce through a cream cheese and spread on whole wheat or brown bread.

36.—Seed and slice thin skinned white grapes, mix with chopped nuts and apples and bind together with French dressing.

Fletcher-Berry.

37.—Cottage or Neufchatel cheese with jam or marmalade.

38.—Chopped nuts with jam.

39.— Cream cheese and bar-le-duc.

40.— Finely chopped dates with half the quantity of English walnuts or pecans.

41.— Chop together a quarter of a pound each of crystallized cherries, peaches, and apricots, or other tart fruit. Wet the paste with one tablespoon of Maraschino.

42.— Chop very fine some preserved ginger and moisten with a little of the thick syrup.

43.— Maraschino cherries and nut meats chopped fine.

44.— Two slices Hawaiian pineapple, about one and one-half slices pimento, one cream cheese, a dash of red pepper, a pinch of salt. Drain pineapple and pimento for some time, then put them with the cheese through the meat chopper. Good either with white or nut bread.

Mrs. Anna Lincoln Kellogg.

45.— Orange marmalade and chopped walnuts.

46.— Chop one-half cup each of candied ginger and candied orange peel, add three tablespoons of thick cream.

47.— Figs and nuts chopped fine and moistened with lemon or any fruit juice.

48.— Bananas and raspberry jam, with just a suggestion of lemon juice.

Mrs. Anna Lincoln Kellogg.

## PIES AND SHORT CAKES

**Pastry for One Pie.**—One heaping cup of pastry flour, one saltspoon each of salt and baking powder, and from one-third to one-half cup of lard and butter. Stir baking powder and salt in flour, then work in the lard and mix stiff with cold water; roll in butter—roll up like jelly cake, divide in two and use.

**Pastry.**—One cup of butter and lard mixed, three cups of flour sifted, one-half teaspoon of salt and one-half cup of water. Mix and roll, then spread with butter and sift with flour three times. Cheese straws can be made with this crust.

Miss MacLean.

**Pie Pastry.**—Two cups of flour sifted twice, a little salt, large half cup of lard and butter rubbed into the flour thoroughly. Water, very cold, say enough to mix, not soft, but have it hard; roll out the crust, put on plates; when filled put on the upper crust previously spread with butter, sprinkle with flour; then take it to the cold water faucet and let the water run over the pie, holding it slanting.

Annie Sheehan.

**Puff Paste, No. 1.**—Six cups of flour, one cup of lard rubbed into the flour with a little salt, wet with two cups of very cold water. Take half of the dough and one-half cup of butter roll and then spread over small pieces of butter. Bring the corners of the paste together, roll and pound hard, then spread over the remainder of the butter and roll as before. Take the other half of the dough with the half cup of butter and repeat as above. Place the crust in refrigerator until ready to use.

Mrs. Calvin Skinner.

**Puff Paste for Patty Shells.**—One quart of pastry flour, one pint of butter and lard, one teaspoon of salt, one cup of ice water mixed lightly in the flour with a fork, do not get it too stiff; turn on a board as for pie crust, roll and cut with a four inch round fluted cutter and bake on outside of patty pans. This amount makes sixty shells.

Mrs. John Robb.

**Pastry for Patty Shells.**—Three pints of flour, one cup of lard, very cold, one and one-half cups of butter. Chop butter and lard through the flour, moisten with ice water. Keep very cold. Roll and make into shells. Enough for five dozen small shells.

Mrs. S. T. Carpenter.

**Apple Tart.**—Line a deep pie tin with rich pastry and sprinkle well with flour. Put in a layer of apples, pared, cored, and quartered.

rounding side up and fill in with pieces of apples till well rounded. Sprinkle plentifully with sugar, sift over a level tablespoon of flour, dot generously with butter, drop over a small teaspoon of vanilla, dust well with cinnamon and pour over two tablespoons of water. Bake in hot oven till the apples are tender and brown.

Mrs. Gertrude Skinner Washburn.

**Apple Pie.**—Line a plate with pastry, making edges as for custard pie. Pare tart, juicy apples; cut into quarters, dividing again if the apples are large; dip them in water and place on the bottom crust, putting them closely around the edge. Add one cup of sugar, cinnamon and bits of butter. Wet the edge of the bottom crust and put on the cover, pressing the two together with the palm of the hand. Bake in a medium oven.

Mrs. McClary.

**Dried Apple Pie.**—Wash thoroughly one pint of dried apples and put to soak over night in a quart or more of cold water. In the morning cook until done, mash fine, then add sugar to taste, boil slowly for half an hour, season with cinnamon and nutmeg, and when cold use for pies. This will make two pies.

Cover a plate with pastry, put on it one-half of the above amount of apple, dot with pieces of butter, wet the edge of the pastry with water and cover with another crust. Bake one-half hour in a moderate oven.

**Jumble Pie.**—One cup of butter, two cups of sugar, five eggs, three cups of dried stewed apples — strain; spice to taste; bake like a tart pie.

Miss Amelia Greeno.

**Crabapple Pie.**—Quarter and core thinned skinned crabapples. Line a plate with pastry and place apples closely on the crust, sprinkle over a heaping cup of sugar, a tablespoon of water, and dot with bits of butter. Wet edge of lower crust with water; roll out upper crust, make a slit in the center and place over the pie, pressing edges together. Bake in a moderate oven about one hour.

**How to Cook a Pumpkin.**—Use the small sugar pumpkins. Remove the soft part and the seeds, cut into small pieces, put in a porcelain kettle with a little water, cover and cook slowly until tender, then remove the cover and cook a long time until dry. Press through a colander and it is ready for use; this pumpkin can be kept for winter use by spreading on plates and drying slowly in the heater.

Maggie O'Connor.

**Pumpkin Pie.**—One cup of strained pumpkin, one-half cup of sugar, one egg, two tablespoons of molasses, small half teaspoon of ginger, one teaspoon of cinnamon, pinch of salt, one pint of sweet milk. Line a plate with pastry and pour in the mixture. Bake carefully about three-quarters of an hour in medium oven. Maggie O'Connor.

**Pumpkin Pie.**—Stir together one-half cup each of stewed down pumpkin and sugar, one tablespoon of molasses, pinch of salt, one-half teaspoon each of ginger and cinnamon, then add one cup each of cream and milk or two cups of milk. Line a deep pie plate with pastry and pour in above. Bake in a moderate oven until well done.

Ida Mitchell.

**Squash Pie.**—One cup of strained squash, one-half cup each of milk, cream and sugar, one-half teaspoon each of cinnamon and ginger, one-fourth of salt and one egg. Bake in one crust.

**Sweet Potato Pie.**—When the potatoes are dry and mealy take a quart, after they have been pared, boiled and mashed; a quart of milk, three or four eggs, salt, nutmeg, cinnamon and sugar to taste; bake the same as pumpkin pie. If the potatoes are very moist, use less milk.

Miss Parloa.

**Brown Sugar Pie.**—One cup of brown sugar, one of sweet milk, one-half of cold water, a large tablespoon of flour, butter size of an egg and yolks of two eggs beaten light. Mix all ingredients and cook till thick. Fill a pie shell, previously baked, cover with a meringue made of the whites of the eggs and brown in the oven.

Mrs. J. R. Duffield.

**Lemon Pie.**—One cup each of sugar and boiling water, one lemon, piece of butter the size of a butternut, two tablespoons of corn starch, the yolks of two eggs. Put in a double boiler and cook until thick, stirring most of the time. Pour into crust previously baked. Make a meringue of the whites of the eggs.

Mrs. Julia Noland.

**Lemon Pie.**—Juice and grated rind of one lemon; one teacup of sugar; two eggs; two large crackers (or three tablespoons of corn starch) and one large cup of water; a small piece of butter; put the water and sugar on the stove to boil; pound the crackers fine and mix with the water and sugar, then the yolks of the eggs; make one rich crust and bake; fill with the boiling custard. Have ready the whites of the eggs beaten to a stiff froth with one tablespoon of sugar; spread over the top and brown in a hot oven three minutes.

Mrs. Dwight Dickinson.



**Lemon Pie.**—Put two cups of water, a piece of butter the size of a walnut, the juice of one and one-half lemons and the grated rind of one into a double boiler; when this is heated stir in slowly the following mixture: one cup of sugar mixed dry with one tablespoon of corn starch, and the yolks of three eggs and the white of one well beaten. Use the other two whites with two tablespoons of sugar for the meringue.

Mrs. George W. Dustin.

**Lemon Pie.**—One cup each of hot water and sugar, one tablespoon each of butter and cornstarch, juice and grated rind of one lemon. Cook for a few minutes, then add one beaten egg. Bake between two crusts. This makes one pie.

Mrs. Willard.

**Lemon Pie.**—One large or two small lemons, the yolks of four eggs, eight tablespoons of sugar and one of butter. Cook in double boiler and turn into a baked crust. Make a meringue of the whites of the eggs and four tablespoons of sugar.

Miss Alice L. Hyde.

**Lemon Meringue Pie.**—One and one-half coffee cups of sugar, grated outside and juice of one lemon, five eggs, whites of three reserved for meringue, two good tablespoons of flour and three-fourths of a cup of hot water, a pinch of salt. Beat the flour, sugar and eggs together; add the water to the lemon juice and stir with the flour, etc., and cook in double boiler. Make the meringue with the whites of the eggs and two tablespoons of sugar. Pour into a crust previously baked.

Mrs. Belding.

**Orange Pie.**—The juice of two large oranges, grated rind of one, one cup each of water and sugar, two level tablespoons of corn starch, a little salt, two eggs. Make custard and meringue same as for lemon pie.

Marian Harland.

**Orange Pie.**—Yolks of three eggs, the grated rind and juice of one orange, one cup of sugar, two tablespoons of flour, one coffee cup of sweet milk, pinch of salt, a small piece of butter. Cook in double boiler until the consistency of custard, stirring constantly. Use the whites for a meringue.

Mrs. W. M. Clark.

**Custard Pie.**—One pint of milk, three eggs, pinch of salt, three and one-half tablespoons of sugar, flavor to taste. Pour into crust and bake carefully.

Miss Meehan.

**Custard Meringue Pie.**—Yolks of four eggs, sugar to taste, pinch of salt, and milk to fill a medium-sized plate. Line a plate with pastry and put in the custard. Bake carefully. Grate nutmeg on the top

when taken from the oven. Test by inserting a knife in the center; if no custard adheres the pie is done. Make meringue of whites of the four eggs, and brown carefully.

Mrs. Gurley.

**Sour Cream Pie.**—To the yolks of two eggs add three-fourths cup of raisins, chopped, the same of sugar, one cup of sour cream, one-half teaspoon of cinnamon. Bake with one crust, using the whites for a meringue.

Mrs. A. W. Stickney.

**Cream Pie.**—Cook in double boiler one and one-half cups of milk and one-half cup of sugar; piece of butter the size of a walnut; add to this one-half a cup of milk, one tablespoon of corn starch, yolks of two eggs, and a very little salt; season with lemon; when about as thick as cream put into the crust, which has been baked first, and brown in the oven.

Mrs. W. C. Stevens.

**Chocolate or Cream Pie.**—Line a deep pie plate with a good paste. Prick in several places with a fork to prevent blistering and bake a delicate brown. For filling put over the fire in a double boiler one large cup and a half of sweet milk, in which put a piece of butter as large as an English walnut. Stir together one-half a cup of sugar, one small half cup each of flour and milk, and the yolks of two eggs, well beaten. Mix well and add to the milk above. When it boils, stir until it thickens and is well cooked. Take off the fire, flavor with one teaspoon of vanilla. Beat with a silver fork hard for five or ten minutes, which greatly improves the custard. Fill the baked crust with the custard. Beat the whites of the eggs stiff, add two tablespoons of sugar, flavor with lemon or vanilla. Spread over the custard and brown lightly. For chocolate pie use the above recipe, adding two tablespoons of chocolate, melted.

Mrs. J. R. Flanders.

**Chocolate Pie.**—Cook in double boiler the yolks of three eggs, two blocks of chocolate grated, two heaping tablespoons of corn starch, butter the size of an egg, one cup of sugar, two cups of sweet milk. Pour into baked crust. Beat the whites to a stiff froth; sweeten, and flavor with vanilla, and frost over the top. This will make two pies.

Mrs. F. J. Seaver.

**Dutch Pie.**—One cup of rich sweet cream, one-half a cup of sugar, two heaping tablespoons of flour; mix the flour and sugar, add the cream, and stir until smooth. Line a plate with pastry, making edges as for a custard pie. Pare, core and quarter enough tart apples to half

fill the crust; steam or cook the apples until they soften without losing their shape, then place them in the crust and pour over the cream mixture. Bake until the cream thickens in the center of the pie; cool a little and serve.

Mrs. E. G. Mason.

**Marlborough Pie.**—Six tablespoons each of stewed apple, and sugar, one whole egg and yolks of two, one-half cup of sweet cream and a little cinnamon. Stir together and pour into a crust and bake. Frost with the whites of two eggs and two tablespoons of sugar.

Mrs. Botham.

**Date Pie.**—Wash thoroughly one-half pound of dates and simmer slowly in enough milk to cover them. Sift through a coarse wire sieve and then add one-fourth of a cup of sugar and two yolks of eggs well beaten, a little cinnamon and one-half pint of boiled milk. Bake like a custard pie and cover with a meringue made with the whites of the eggs.

Mrs. McClary.

**Cocoanut Pie.**—One and one-half cups of desiccated cocoanut; one quart of sweet milk; four eggs, reserving the white of two eggs for meringue; one-half cup of sugar; season, bake and frost. One cup of rolled butternut meats may be substituted instead of cocoanut.

Mrs. O. L. Ballard.

**Boiled Cider Pie.**—One cup of sugar, one egg, one tablespoon of flour, six tablespoons of cider, seven tablespoons of water. Beat sugar, egg and flour together, then add cider and water. Season with cinnamon or nutmeg. Bake in two crusts.

Miss Hepburn.

**Rhubarb Pie.**—Wash, remove coarse parts and cut in half inch pieces enough rhubarb to fill a deep pie plate, rounding it a little in center. Cover the plate with pastry, sprinkle over it one teaspoon each of flour and sugar, mixed, wet the edges and put in half of the rhubarb. To a generous cup of sugar add a pinch of salt and teaspoon of flour and sprinkle part of it over the rhubarb, add remaining rhubarb, the rest of the sugar, dot with butter, put over the upper crust (have opening in the center), press edges together lightly and bind with a strip of wet cotton. Bake about three-quarters of an hour or until well cooked.

**Pieplant Pie.**—One tea cup of chopped pieplant, one good cup of sugar, one egg, butter the size of a large walnut, one tablespoon of flour, four tablespoons of water, one teaspoon of lemon extract. This is better with a top crust.

Mrs. James Sawyer.

**Pieplant Meringue Pie.**—One coffee cup of chopped and drained pieplant, one of sugar, one tablespoon of flour, yolks of two eggs, butter the size of a walnut, and juice of one lemon. Put in crust and bake. Use whites of eggs for meringue. Mrs. Belding.

**Note.**—To prevent the syrup of juicy pies escaping, take a strip of muslin one inch wide, wet in cold water, and lay it around the pie half upon the pie and half upon the plate, pressing it either side. Remove as soon as the pie is taken from the oven.

For berry pies sprinkle flour over the bottom crust. If preferred, sprinkle powdered crackers over the berries.

**Currant Pie.**—One cup of mashed currants, one cup of sugar, one egg, one tablespoon of flour, and one tablespoon of water. Place in double or tart crust and bake. Mrs. J. W. Leighton.

**Blueberry Pie.**—Line a deep plate with plain paste, sprinkle over a little flour, fill with two and one-half cups of berries, one-half cup of sugar or more if desired, with two teaspoons of flour, and a pinch of salt. Make a slit in the upper crust and cover the berries. Bake from forty-five to fifty minutes in a moderate oven.

**Raspberry Cream Pie.**—Line pie plate with pastry and spread thickly with raspberry jam. Pour over a custard made from two eggs, one cup of milk and a tablespoon of sugar. Bake till custard is set. Serve when cold covered with whipped cream.

**Raspberry Pie.**—Line a deep plate with pastry and sprinkle over a little cracker dust or flour, wet edges and fill with berries. Mix a teaspoon of cracker dust, a pinch of salt with three-fourths of a cup of sugar and sprinkle over, letting it settle between the fruit. Dot with butter and cover with upper crust which has a slit in the center, press edges together, bind with a strip of cotton and bake well from one-half to three-quarters of an hour.

**Strawberry Pie.**—Make as above, using more sugar.

**Blackberry Pie.**—Uncooked berries, make like raspberry.

**Blackberry Pie.**—Pick over one and one-half cups of berries, stew until soft with enough water to prevent burning. Add sugar to taste and one-eighth teaspoon of salt. Line a plate with paste, put on a rim, fill with berries (which have been cooled); arrange six strips of pastry across the top cut same width as rim; put on upper rim. Bake thirty minutes in a moderate oven. Boston Cooking School.

**Cherry Pie.**—Line your pie plate with good crust, sprinkle over a little flour and fill half full of ripe cherries which have been stoned, sprinkle over them a large cup of sugar, a teaspoon of sifted flour and a few bits of butter; now fill the crust full of the cherries. Cover with the upper crust and bake.

**Cherry Pie with Whipped Cream.**—Lay a crust over the bottom part of a deep pie plate, prick it with a fork and bake quickly. When ready to serve put the crust on another plate, spread over it preserved cherries and cover with sweetened whipped cream, flavored with vanilla. Lay a few of the cherries over the cream. Mrs. McClary.

**Peach Pie.**—Peel, stone and cook peaches till soft with enough water to prevent burning. Sweeten to taste, cool and fill a crust previously baked. Cover with whipped cream sweetened and flavored with vanilla and a few drops of almonds.

**Apricot Pie.**—Same as peach except almond flavoring.

**Plum Pie.**—Peel and pit one quart of plums. Line a plate with pastry, fill with plums, sprinkle with one-fourth cup of cracker crumbs and one coffee cup of sugar, butter size of walnut scattered in small bits over the top. Moisten edge of lower crust with cold water and put on top of crust. Bake slowly until plums are tender.

Mrs. Henry A. Miller.

**Grape Pie.**—Take Concord grapes; press out the pulp, save the skins, put the pulp in a sauce-pan and boil a few minutes, then strain through a coarse sieve to separate the seeds from the pulp. Put the skins with the pulp and take enough to fill a pie, sweeten well. Line a plate with pastry, put in the grapes, sprinkle over a little flour, dot with bits of butter, put on the cover and bake in a moderate oven.

**Cranberry Pie.**—One cup each of cranberries, sugar, cold water and seeded raisins, one teaspoon of flour in a little water, cook all till it thickens, when cold add one teaspoon of vanilla. Bake with two crusts.

Mrs. George Furness.

**Prune Filling for Pie.**—Thoroughly wash one pound of prunes; put on in cold water and stew about three hours; when nearly done put in one cup of sugar, and stir most of the time; take off and put through a colander hot; the mixture must be thick.

Annie Sheehan.

**Camp Mince Meat.**—To one package of mince meat, add one quart of boiling water and cook till thick, then add one cup of brown sugar, butter size of a large walnut, a cup of seeded raisins and a little citron

shaved fine. Boil till thick enough for pie and lastly add the grated yellow part of two oranges and boil a very little.

Mrs. Sidney S. Whittelsey.

**Mince Meat.**—Salt and pepper the cooked meat and measure when chopped fine. For each quart of meat add one pint of raw chopped suet, three quarts of chopped apples (not chopped too fine), two quarts of sugar, one and one-half pints of molasses, one pint of boiled cider, four nutmegs, two teaspoons of ground cloves, two of lemon extract, three tablespoons of cinnamon, three pints of seeded raisins (citron and currants if liked), one pint of the meat broth or water. Two and one-fourth pounds of good meat make one quart when chopped. Cook all together. For summer use put in fruit jars when hot.

Mrs. Spann.

**Mince Meat.**—Five pounds of cooked beef chopped fine, one pint of chopped suet. For one quart of chopped meat take two quarts of chopped apples, one of molasses, two of boiled cider, three pounds of brown sugar, four of seeded raisins, two of currants, one-fourth of a pound each of citron, orange peel and lemon peel. Chop the fruit very fine, add four tablespoons of cinnamon and two of cloves. Put into a porcelain lined kettle and cook slowly until tender.

Mrs. S. T. Carpenter.

**Green Tomato Mince Meat.**—One peck of green tomatoes chopped fine, five pounds of brown sugar, two tablespoons each of cinnamon and cloves, one tablespoon of salt, two pounds seeded raisins, two lemons, juice and rind, juice of two oranges, and chopped rind of one, or two according to taste, boiled cider to taste, about one cup. Jelly, shrub or berry juice may be added with good effect; also citron. Cook until tender.

Mrs. O. S. Lawrence.

**Apple Puffs.**—Take Puff Paste No. 1. Roll and cut with round cutter having those for top of pie a very little thicker than under one. Rub over under crust with a little water. Put on the filling, then take the upper crust and work with the fingers so as to enlarge the center without changing the form of the edge, giving it somewhat the shape of a hat; put it over the filling, pressing the edges together and roll up edges with both hands.

*For the Filling.*—To a quart of stewed apples cooked with as little water as possible, take a heaping tablespoon of butter, sugar, nutmeg, and cinnamon to taste. This must be prepared the day before the puffs are made. In summer put on the ice.

Mrs. Calvin Skinner.



**Cheese Cakes.**—Scald one cup each of sweet and sour milk, strain through cheesecloth; to the curd add one cup of sugar, the beaten yolks of four eggs, juice and grated rind of one lemon and one-fourth teaspoon of salt. Line patty pans with pastry. Fill with mixture, sprinkle over chopped almonds and bake till mixture is firm in center.

Fannie Merritt Farmer.

**Tart Shells.**—Cover fluted patty tins with puff paste. Make the covers a little larger than the tins. Prick and place on top of an inverted dripping pan and bake in a hot oven. Remove, cool and the shells are ready for use, or roll out pastry and shape with a round cutter, plain or fluted; with a smaller cutter remove centers from one-half the larger pieces, leaving rings one-half inch wide. Brush the larger pieces near the edge with cold water, fit on rings, press lightly and bake carefully. Fill with jelly or jam.

**Lemon Tarts.**—Bake a rich crust the same as for other tarts. For the filling take the juice and grated rind of one and one-half or two lemons, one cup of sugar, three eggs. Cook in a double boiler until of the right thickness. When cool fill the shells. Make a meringue of four tablespoons of powdered sugar and the whites of two eggs, and put over the top.

Mrs. Carrie King Hall.

**Cherry Tarts.**—Fill tart shells with thick cherry preserves.

**Strawberry Vol-au-Vent.**—Roll puff paste into a thin sheet, mark an oval on paste with cutter, for the bottom and three oval rims, prick with a fork and bake as usual. When baked spread the edge of the bottom piece with strawberry preserves or meringue and press a rim upon it, and so continue until the rims are used. Make a meringue with the whites of two eggs and one-fourth cup of sugar and decorate the edges of the case; sprinkle with sugar, put on baking sheet and return to the oven. The heat should be moderate so that it will not take color in less than six minutes. When the meringue is delicately browned, remove to serving dish and fill the open space with sugared strawberries. Other fruit may be used and whipped cream may be added to the top. The pastry may be kept several days. After baking, and before using, re-heat.

**Pineapple Fanchonettes.**—Beat together three eggs, one-fourth a teaspoon of salt, two-thirds cup of sugar, half a cup of grated pineapple and the grated rind and juice of half a lemon; turn the mixture into

patty pans lined with plain pastry and bake in a moderate oven. When partly cold remove from the pans; cover with a meringue and return to the oven for about eight minutes. Janet McKenzie Hill.

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**Strawberry Short Cake.**—A little over one pint of flour, one good half cup of butter or butter the size of a lemon, and half as much lard, a little salt; rub shortening smoothly into the flour, two teaspoons of baking powder and milk enough to roll soft; spread butter between layers and bake on round tin or plate.

If berries are large cut in halves, put sugar over the berries, about half an hour before the short-cake is baked; then spread each layer with butter and cover with berries, placing one over the other. Put in the oven for just a moment and serve immediately. Mrs. Belding.

**Individual Strawberry Short Cakes.**—Sift together two cups of sifted pastry flour, half a cup of cornstarch, five level teaspoons of baking powder and a half teaspoon of salt; cut in one-third cup of shortening. Beat one egg, add three-fourths cup of milk and stir into the dry mixture, adding more milk, if needed, to make a soft dough that cleans the mixing bowl. Turn upon a floured board, knead slightly, pat and roll into a thin sheet and cut into rounds with a fluted patty cutter dipped in boiling water each time before use. Bake in a quick oven. Split each biscuit and spread with butter. Put the two pieces together with sugared berries between and on top. Finish with whipped cream.

**Currant Short Cake.**—Into one pint of pastry flour put two teaspoons of baking powder and a little salt. Sift and then rub in one-half cup of butter. Mix with enough sweet milk to make a soft dough. Roll into two parts and cut the size of the baking plate or tin. Spread softened butter over the bottom layer; put the other over it and bake. The layers will cleave apart when baked which avoids cutting. Butter each layer and pack with ripe currants sweetened an hour before using. Mrs. McClary.

**Blueberry Short Cake.**—Cream together one cup of sugar and one-half cup of butter or lard, add one beaten egg, one cup of sour milk, in which is one level teaspoon of soda. Stir well and add flour to make quite thick. Bake in two layer cake tins.

**Filling.**—Two cups of blueberries, one large cup of sugar, set on stove *without* any water, boil ten or fifteen minutes. Set off to cool before spreading on cake. Mrs. H. A. Putnam.

**Orange and Banana Short Cake.**—Take layers of short cake and spread with butter as for “Strawberry”; cut up three oranges in rather small pieces, letting stand with sugar over them for half an hour; then put between the two layers; spread the top layer with two sliced bananas sprinkled with powdered sugar, put on this one-half cup of cream whipped and flavored to taste. Mrs. Breed.

**Orange Short Cake.**—Take layers of short cake spread with butter as for “Strawberry,” cut up oranges in rather small pieces letting stand with sugar about one-half hour. When ready to serve spread over the layers.

**Banana Short Cake.**—Take layers of short cake, spread each layer with butter as for “Strawberry.” Just before serving spread with cut bananas. Serve with lemon sauce. Mrs. Vilas.

**Peach Short Cake.**—Take layers of short cake and spread each layer with butter as for “Strawberry.” Cut peaches, sweeten to taste and spread immediately. If desired one-half cup whipped cream may be spread over the top.

## PUDDINGS

**Fruit Pudding.**—One cup of raisins, stoned and chopped, one cup each of chopped suet, molasses, sour milk, one teaspoon of soda, a pinch of salt, four cups of flour, cinnamon and cloves; steam three hours; serve with Sauce No. 1. Mrs. Hiram H. Thompson.

**English Plum Pudding.**—One-half pound each of bread crumbs, raisins and English currants; one-fourth pound each of citron and suet; one coffee cup of sugar, a teaspoon of cinnamon, an even one of ginger, one nutmeg, one pint of sweet milk, one teaspoon of baking powder, five eggs, well beaten, stirred into the milk and added last, with one-half a cup of coffee or any desired flavoring. Steam six hours. Serve with a rich sauce. Libbie Rogers McKenna.

**John's Delight.**—One well beaten egg, two and one-half cups of bread crumbs, one-half cup of suet chopped fine, two-thirds of a cup of molasses, one cup of sweet milk, one teaspoon of soda dissolved in a little warm water, pinch of salt, one cup of seeded raisins, chopped; cinnamon and nutmeg to taste. Steam three hours in pudding mould. Serve with liquid sauce flavored with grated rind and juice of one lemon. Mrs. Spann.

**Suet Pudding.**—One cup each of sweet milk, New Orleans molasses, and chopped suet, two cups of seeded raisins chopped, one beaten egg, one teaspoon of soda, salt and three and one-half cups of flour. Mix all together, place in mould and steam three hours. Mrs. Willard.

**Suet Pudding.**—One and one-half cups each of chopped suet, and sweet milk, one cup of molasses, one teaspoon each of salt, cloves, cinnamon and soda, two cups of seeded raisins, one-half a cup of sliced citron, two cups of sifted bread flour. Mix in the order named, place in a two-quart melon mould and steam four hours continuously. Serve with rich sauce. Mrs. Spratling.

**Dark Pudding.**—One cup of molasses, two-thirds cup of boiling water in which is dissolved one teaspoon of soda; one-half teaspoon of cinnamon, a little salt, one well beaten egg and one and one-half cups of flour. Stir well, put in a mould and steam one and one-half hours. Serve with sauce. Mrs. M. J. Hepburn.

**Graham Pudding.**—One well beaten egg, one-half cup each of sweet milk and molasses, one even teaspoon of soda dissolved in a

little warm water, one-fourth cup of butter softened, a little salt, one and one-half cups of Graham flour, one cup of seeded raisins chopped, one teaspoon cinnamon, one-half nutmeg. Steam three hours in pudding mould and serve with hard or foaming sauce. Season the foaming sauce with the grated rind and juice of an orange.

Mrs. Spann.

**Forest Pudding.**—One cup of cold water, one-half cup of molasses; dissolve a teaspoon of soda in a tablespoon of boiling water and mix with the molasses; one-half cup of brown sugar, one-half cup of suet, one cup of raisins, flour to make as thick as cup cakes. Steam two hours. Serve with sauce.

Mrs. James Sawyer.

**Tailor Duff.**—One egg, one level tablespoon sugar, one-half cup molasses, two tablespoons melted butter, one level tablespoon soda dissolved in one-half cup boiling water, one and one-half cups flour, scant. Beat thoroughly with an egg beater with and after adding each ingredient. The batter should be very thin. Pour into buttered mould and steam one hour.

*Sauce.*—Yolks of two eggs and one teaspoon vanilla. Into this cream one cup pulverized sugar. One pint of cream whipped stiff added just before serving.

Miss Zaidee Vosper.

**Fig Pudding.**—One cup each of molasses, and sweet milk, one-half pound each of seeded raisins and figs, chopped a little, one scant cup of butter, one teaspoon of soda, one-half teaspoon each of cinnamon and cloves, three cups of flour. Steam two and one-half hours in a tin with a tube in the center. Serve with any kind of sauce desired.

Mrs. McClary.

**Fig and Nut Pudding.**—To two cups of finely chopped suet add one cup of New Orleans molasses one-half cup of coffee sugar, one cup of milk, stir well and add two and one-half cups of sifted flour in which is one teaspoon of soda, one-half nutmeg, grated, salt, one cup of seeded raisins, one cup of chopped figs or dates, one cup of chopped nuts. Stir all thoroughly, put in mould and steam three hours. Serve with sauce.

Mrs. William Badger.

**Steamed Pudding.**—Into one-half cup of molasses and one-half cup of cold water put one teaspoon of soda, add one well beaten egg and one cup of flour. A cup of seeded raisins, fresh berries or fruit may be added. Steam one hour. Serve with whipped cream.

Miss Carrie Orcutt.

**Parlamo Pudding.**—One cup of sugar, two eggs, one cup of sour milk, two-thirds of a cup of cream, or one-half of a cup of butter, one cup of chopped raisins, one teaspoon of soda; spice to taste; flour to make thickness as for cake. Steam one and one-half hours. Serve with sauce.  
Mrs. Spann.

**Vevy Pudding.**—One cup of New Orleans molasses, one cup of sweet milk, one-quarter of a cup of butter, two and one-half cups of flour, one teaspoon each of cinnamon and soda, one-half teaspoon of cloves. Steam two hours. Serve with "Vevy Sauce."

Miss Faith Chipperfield.

**Steamed Chocolate Pudding.**—Beat together one egg and three-fourths cup of sugar, add one tablespoon melted butter, one-half cup of milk, one and one-half cups of flour with one and one-half teaspoons of baking powder, enough grated chocolate to make quite brown. Put in dish and steam one and one-fourth hours. Serve with whipped cream or foamy sauce.

Mrs. Wallace C. Short.

**Boiled Indian Pudding.**—One well beaten egg, one-half cup of sour cream or two tablespoons of butter beaten with the egg, two cups of sour milk, one-fourth teaspoon of ginger, one rounding teaspoon of soda, two and one-half cups of corn meal and one-half cup of flour. Stir all together well. Put into a wet bag (made of good thick cotton) allowing room in the bag for one-third rising of the pudding. Boil in the kettle with the meat when having a boiled dinner; be sure to have the water boiling when it is put into the kettle and have water boiling on the stove to add to the kettle as needed. When adding vegetables be careful not to hit the pudding or stop the boiling of the water. Boil two hours, and serve with cream sweetened with maple sugar.

Mrs. F. W. Lawrence.

**Blueberry Pudding.**—Cream together one cup of sugar and butter size of an egg, add one beaten egg, one cup of sweet milk with half teaspoon of soda, one pint of flour with a large teaspoon of cream tartar, one pint of berries; thoroughly dry berries after washing. Pour in mould and steam one hour. Serve with sauce.

Mrs. John King.

**Cranberry Pudding.**—One-half cup of sugar, piece of butter the size of a walnut, one egg, one-half cup of milk, one and one-half cups of flour, one teaspoon of baking powder, one-half pint of cranberries. Steam three-quarters of an hour. See Cranberry Sauce.

Mrs. Marshall Howard.



**Coffee Pudding.**—Moisten one quart of bread crumbs with coffee, one cup of brown sugar, one cup of chopped raisins, two tablespoons of flour, three eggs beaten light, season with one-half teaspoon of cinnamon, one-fourth teaspoon of cloves, one-fourth teaspoon of nutmeg. Steam one hour. Serve with Sauce No. 5. Mrs. Capron.

**Raisin Puffs.**—One-half cup of butter, one of sugar, one of sweet milk, and two of flour, two eggs, two teaspoons of baking powder, one cup of raisins, stoned and chopped. Cream the butter and sugar, add the eggs well beaten; mix the flour and baking powder and add the flour and milk alternately to the above mixture, then add the fruit with a little flour sprinkled over it. Steam in cups three-quarters of an hour. Place the cups in a steamer when the water is boiling and do not take off the cover until the pudding is cooked. Serve with whipped cream. Mrs. Chesley.

**Date Puffs.**—Two eggs, one cup of sugar, one-fourth cup of butter, one-fourth cup of milk, one teaspoon of baking powder and flour to make a thin batter. Stir in one cup of stoned dates. Fill muffin cups half full and steam thirty minutes. Serve with liquid sauce. Mrs. E. G. Mason.

**Puff Pudding.**—One pint of flour, two teaspoons of baking powder, a little salt, milk to make a stiff batter. Put one-half of the batter in a pudding dish; then a generous layer of fruit with a sprinkling of sugar, then the remainder of the batter. Steam one hour. Serve with whipped cream and sugar or sauce.

**Roly Poly.**—Take good soda biscuit crust, roll one-half inch thick and spread with any kind of fruit, fresh, preserved or dried. Roll over and over fastening the ends so the juice will not escape. Put it on a plate, place in steamer and cook one and one-half hours. Serve with cream and sugar or a sauce made from the juice of the fruit. Dried fruit must first be soaked in water. Cherries are especially good for this pudding.

**Pudding Made of Cake.**—Break up plain or fruit cake and place in a pudding dish, cover with milk and let it stand an hour or two, add one well beaten egg, sugar, if necessary, as the frosting on the cake sweetens it (if there is any) and bake one-half hour. Serve with any good sauce. Addie Trudeau.

**Woodford Pudding.**—Beat the yolks of three eggs well, add one cup of sugar, one-half a cup of butter rubbed to a cream, one cup of

flour and one cup of jam (blackberry) or preserves, one-half a salt-spoon of cinnamon, whites of three eggs, beaten stiff, and one teaspoon of soda dissolved in three teaspoons of sour milk. Put in a pudding dish and bake slowly in a moderate oven from thirty to forty minutes. Serve with plain or whipped cream.

Miss Mary Fay.

**Orange Marmalade Pudding.**—One cup of fine bread crumbs, one-half cup of sugar, one cup of milk or cream, four eggs, two teaspoons of butter, one cup of orange marmalade; put the butter and sugar together, add the yolks well beaten, the milk, bread crumbs and the whites whipped to a froth. Put a layer of this in the bottom of a well-buttered mould, spread thickly with some thick marmalade, then another layer of the mixture until the mould is full, having the custard mixture at the top. Bake in a moderate oven about one hour, turn out of the mould upon a dish and serve with sweetened cream or custard.

Mrs. Estes.

**Baked Indian Pudding.**—Four tablespoons of meal, one-half a cup of molasses, one-half teaspoon of soda dissolved in a little water, a piece of butter the size of a walnut, one and a half pints of milk, one-half cup of raisins, one egg. Scald one pint of the milk, stir in the meal, then molasses, butter, salt and one egg. Cook in a double boiler, turn into a pudding dish and bake one hour, stirring in the remainder of the milk occasionally.

Mrs. Carrie King Hall.

**Baked Indian Pudding.**—Scald together one and one-half tablespoons of Indian meal and one pint of milk. When cool add two well beaten eggs, butter the size of a lemon, one-third cup of sugar, a little salt, cinnamon, cloves and nutmeg to taste. One-half cup of seeded raisins or one cup of apples, add one quart of milk. Pour into baking dish and bake three or four hours, stirring several times.

Mrs. Mina McClary Campbell.

**Indian Pudding.**—Scald one pint of milk. Stir in four tablespoons of Indian meal, salt, and cook until thick. Let slightly cool. Add one-half cup of molasses, one-half teaspoon cinnamon, two eggs beaten well with one-half cup of sugar. One pint cold milk. Bake two hours. After it has baked one-half hour, add one-half cup of cold milk. Do not stir. Serve warm with whipped cream.

Mrs. C. M. Pollard.

**Brown Betty.**—One cup of bread crumbs, two of chopped apple and one of sugar. Butter a deep dish and put in a layer of apple, sprinkled with sugar and cinnamon, and add bits of butter, then a

layer of bread crumbs and continue in layers until apple and bread are all used, having bread crumbs on top. Bake about an hour and have the dish covered during the first part of the baking, then brown. Serve with whipped cream or Fairy butter. Mrs. Harry House.

**Cottage Pudding.**—Cream together three-fourths of a cup of sugar and butter the size of an egg; add one well beaten egg, one small half cup of sweet milk and two heaping teaspoons of baking powder in a large cup of flour. Bake in a shallow tin and serve warm with foaming or hard sauce. Mrs. Breed.

**Steamed Cottage Pudding.**—One egg well beaten, one cup of sugar, two tablespoons of melted butter, one cup of sweet milk, two cups of flour, one teaspoon of cream tartar, one-half teaspoon of soda, salt. Steam one hour. Serve with a sauce. Mrs. Munger.

**Apple Dumplings.**—One and a half cups of flour, one heaping teaspoon of baking powder, three tablespoons of butter rubbed in the flour, wet with milk as soft as you can possibly roll. Roll about one-fourth of an inch thick and cut into five squares, put one-half of a good-sized apple (cut into quarters), in center of square, bring the corners into the center and pinch together well. Put this upper part on the hot sauce in the pan and bake in oven about three-quarters of an hour.

For the sauce take one large cup of sugar, one-half cup of butter, one tablespoon of flour rubbed together; when well mixed add one and one-half cups of boiling water, cook on top of the stove in the baking pan while preparing the dumplings; season with nutmeg, vanilla or lemon. Ida Mitchell.

**Baked Apple Dumplings.**—One pint of flour, two small teaspoons of baking powder, two tablespoons of butter, a little salt, water enough to make a soft dough. Roll out and cut into six pieces, fill with apples, sprinkle over a little sugar, a little cinnamon, fold in shape, press the edges well together, make a little opening in the center for the steam to escape, place in a baking tin and pour over them one cup of boiling water. Sprinkle each one with sugar and bake in a quick oven one-half hour. Serve with cream. Any kind of fruit may be used. Addie Stevenson.

**Steamed Apple Dumplings.**—Pare tart, mellow apples; remove the cores and fill with sugar; take one quart of flour, three teaspoons of baking powder and one tablespoon of shortening; mix with sweet milk

or water as soft as possible; roll out and cut in squares of sufficient size to hold an apple; put on a plate and steam half an hour in a steamer. Serve with cream and sugar or sauce. Mrs. A. G. Crooks.

**Baked Apple Pudding.**—Pare, core and quarter enough tart apples to cover a shallow baking tin. Take one pint of flour, rub in butter the size of a lemon and add two teaspoons of baking powder, and about one cup of milk for the batter; pour this over the apples. When baked and ready to serve turn it out into a plate having the apples on top. Serve with maple syrup sauce, or whipped cream.

Mrs. McClary.

**Fruit Pudding.**—Cream one cup of sugar and a tablespoon of butter, add two well beaten eggs, one-half cup of milk, one teaspoon of baking powder sifted in two cups of flour. Make into a batter and pour over any kind of fruit which has been placed in a pan and bake. Serve with Strawberry sauce. See Sauces.

Mrs. Gallant.

**Apple Kooker.**—Take one-half a pint of sifted flour, three level teaspoons of baking powder; rub in butter the size of an egg. Add sweet milk or water for a stiff batter. Put into a baking tin, slice apples on top with sugar and bits of butter. Season with salt, nutmeg and cinnamon. Sprinkle with a little water. Bake in a hot oven and serve immediately with sugar and cream.

Mrs. Beman.

**Peach Cobbler.**—Two cups of flour, two teaspoons of baking powder, one-half teaspoon of salt, two tablespoons of butter, one egg, three-fourths of a cup of milk, one quart of peeled peaches. Sift together the flour, baking powder and salt, rub in the butter. Beat the egg to a cream and add to the milk. Mix all together, turn on a floured board, roll gently until about a quarter of an inch thick. Line the sides of pudding dish with a strip of the paste, invert a teacup in the center of the dish and place the peaches around it. Sprinkle liberally with sugar, put on the top crust and bake one-half hour in quite a hot oven. When the pudding is cut the cup will be found filled with syrup, which is used for the sauce. It is best to invert the pudding on a deep platter.

Mrs. W. H. King.

**Grape Nut Pudding.**—Put three tablespoons of grape-nuts into two cups of milk, place on back of stove in baking dish one hour, stirring frequently; add one-half cup of sugar, two beaten eggs, pinch of salt and bake like custard. Serve hot with Fairy butter sauce, or cream and sugar.

Miss Alice L. Hyde.

**Bread Pudding.**—Three-fourths of a pint of grated bread crumbs, one and one-half pints of milk, two eggs, one tablespoon of melted butter, three tablespoons of sugar, a pinch of salt, one teaspoon of vanilla. Put into baking dish and bake from three-quarters of an hour to an hour. Serve with Sauce No. 3. Mrs. Griswold.

**Queen of Puddings.**—One pint of bread crumbs, which should be dried thoroughly in the oven and crushed before using; one full quart of milk, yolks of three eggs, one cup of sugar, and a little salt; after baking spread a little jelly on the top; then a frosting made from the whites of the eggs and three tablespoons of sugar, brown a few minutes in the oven. Mrs. Amos B. Keeler.

**French Charlotte.**—Line a deep buttered dish with bread crumbs wet with melted butter; fill it heaping with layers of cranberry jelly and stewed apples—*strained*; sprinkle with a little powdered clove; cover with bread crumbs wet with melted butter; brown in the oven; turn out on a platter, and serve when nearly cold with powdered sugar or sweetened whipped cream. Mrs. Richardson.

**Chocolate Pudding.**—Two cups of scalded milk, one cup of bread crumbs, one square of chocolate (or two tablespoons of cocoa), one-third of a cup of sugar, one egg, a pinch of salt, one teaspoon of vanilla. Scald the milk, then add the bread and let it become soft, then add the chocolate. Beat the egg slightly, add the sugar, salt and vanilla, mix thoroughly and add this to the milk and bread; bake twenty-five minutes. Serve with hard sauce.

Anna Watterson.

**Fried Apple Turnovers.**—One cup of sweet milk; one teaspoon of cream tartar; one-half teaspoon of soda; or one cup of sour milk and one-half teaspoon soda; salt; one egg, well beaten; flour to roll like biscuit; roll out and cut the size of a bowl; flour the upper side very lightly, fold through the center and fry in fresh lard; just before serving open carefully and put in cider apple sauce, sweetened and spiced to taste. Mrs. Ford.

**Prune Pudding.**—A little over a pint of milk heated to the boiling point, one tablespoon of cornstarch, sugar to taste; three well-beaten eggs; let come to a boil and add one cup of stewed prunes without stones, pour into a buttered dish and bake fifteen or twenty minutes. Serve with sauce or cream. Mrs. Frank Haven.

**Norwegian Pudding.**—Wash and soak a half pound of prunes over night in two cups of water. In morning boil till soft, stone, add one cup



of sugar, one and a half cups of boiling water, a pinch of cinnamon and simmer five minutes. Dissolve one-third cup of corn starch in cold water, add to prunes and boil ten minutes. Add a tablespoon of lemon juice. Pour in mould, chill and serve with cream.

**Cornstarch Pudding.**—Put one pint of milk in a double boiler and when it boils add two tablespoons of cornstarch dissolved in a little cold milk, three of sugar and a pinch of salt. Stir until cooked, take from the stove and stir in the well beaten whites of three eggs, flavor to taste and pour into a mould or cups. Make a boiled custard of the yolks, a pint of milk and a half cup of sugar, flavor with vanilla and serve ice cold with the pudding. This pudding may be varied by adding cocoanut or grated chocolate.

Mrs. George Hawkins.

**Cornstarch Meringue.**—One quart of milk, three tablespoons of cornstarch dissolved in a little of the milk, three-fourths of a cup of sugar and the yolks of four eggs. Scald the milk in double boiler, add cornstarch and when cooked the well-beaten yolks. Flavor with lemon. Put in a pudding dish and cover with a meringue of the whites of the eggs and two tablespoons of sugar; brown in the oven. To be eaten cold with whipped cream.

Libbie Rogers McKenna.

**Minute Pudding.**—One quart of milk, six tablespoons of flour, saltspoon of salt and one egg. Stir flour, and salt into a little of the cold milk. Heat the remainder of the milk and when at the boiling point stir in the flour. Cook ten minutes or more and just before taking from the stove stir in the egg beaten lightly. Pour into the dish in which it is to be served. To be eaten with maple sugar and cream.

Miss Hattie Knapp.

**German Puffs.**—One pint of sweet milk, five tablespoons of flour, one tablespoon of melted butter, six eggs (leaving out the whites of three) well beaten; bake in buttered cups, half filled, twenty minutes in a hot oven.

*For Sauce.*—Beat the whites of three eggs to a stiff froth; add a coffee cup of powdered sugar and the juice of two lemons.

Mrs. Rufus Lowe.

**Baked Batter Pudding.**—Four eggs well beaten, eight tablespoons of flour stirred in carefully, one quart of milk added slowly, and a pinch of salt. Pour into an earthen baking dish and bake one-half hour. Serve with sauce.

Mrs. Belding.



**Peach Pudding.**—Place fresh or canned peaches in a baking dish, sprinkle over a little sugar; scald a pint of milk in a double boiler, add two tablespoons of cornstarch in half a cup of sugar. Just before taking from the stove add the stiffly beaten whites of two eggs and pour over the peaches. Before serving pour whipped cream over the top. Plums or strawberries may be used. Addie Trudeau.

**Peach Sponge Pudding.**—Three eggs, one cup of sugar, three tablespoons of cold water, one cup of flour, two even teaspoons of baking powder, pinch of salt. Beat the yolks, add the sugar and beat to a cream, then add the water, sift baking powder in the flour and add to the above. Beat the whites stiff, stir in lightly, and bake in three layers. Take the canned peaches, liquor strained off, or other fruit and put between the layers, with as little juice as possible. Beat the whites of three eggs with three tablespoons of sugar, put over the top and sides of the pudding and sift sugar over. Brown in the oven and serve with whipped cream. To be eaten cold. Mrs. Spann.

✓ **Rice Pudding.**—One and a half cups of cooked rice, two cups of milk, two tablespoons of sugar, one egg well beaten, three-fourths of a cup of raisins, stoned. Bake about one-half hour. Serve with hard sauce.

**Rice Pudding.**—To one quart of milk add two tablespoons of rice—place on the back of the stove for one hour. Then sweeten, salt and flavor with vanilla to taste. Put in the oven and bake slowly from two and one-half to three hours. Run a spoon in at the side a few times to mix the rice from the bottom with the milk, being careful not to disturb the surface of the pudding. When taken from the oven it must be very moist, so when ice cold it will be creamy. Nutmeg may be put on top if desired. Mrs. Breed.

**Rice Custard.**—One quart of milk, one-half cup of rice, a little salt; steam one and a half hours. Just before taking up stir into it the yolks of four eggs beaten with four tablespoons of sugar; turn into a pudding dish, spread the beaten whites of the four eggs over the top and brown slightly. Mrs. Hiram French.

**Turkish Rice.**—One-half cup of rice, one-half cup of sugar, one-half cup of washed and roasted almonds, put through meat grinder. A little salt, two and a half cups of water, cook in a double boiler. Stir often. Pour into a dish and cover top with powdered almonds and a little cinnamon. Serve hot or cold with cream, Mrs. Garner,

**Creamed Rice.**—One-half cup of rice, one quart of milk, one-third cup of sugar and one-half teaspoon of salt. Cook in a double boiler two hours and a half, beat occasionally with a silver fork. Very nice served with fresh fruit and whipped cream.

Mrs. Mabel Hickok Baker.

**Cocoanut Pudding.**—To one quart of sweet milk add ten tablespoons of grated cocoanut and the beaten whites of five eggs; put in pudding dish and bake one hour. Serve cold with sugar and cream.

Mrs. Austin.

**Manioca Pudding.**—Three tablespoons of manioca, one quart of milk, a very small piece of butter and a little salt; soak the manioca in a pint of milk over night; in the morning add the other ingredients; cook in double boiler, stirring all the time until it thickens; then pour in a pudding dish to cool. When cool put the beaten whites of two eggs sweetened a little over the top, and drop on currant jelly, which improves the taste as well as the looks. Serve with cream, sweetened and flavored with lemon and a little vanilla; whip cream enough to thicken.

Mrs. S. Greeno.

**Tapioca Pudding.**—Soak four tablespoons of tapioca over night in one quart of sweet milk; in the morning put in double boiler and let come to a boil; stir frequently; add one tumbler of sweet cream, half a tumbler of sugar and one-third teaspoon extract of lemon; beat the yolks and whites of four eggs separately and stir them in; bake three-quarters of an hour. Good warm or cold.

Mrs. Austin.

**Tapioca Pudding.**—Six tablespoons of tapioca, one quart of milk, three eggs; soak the tapioca over night in cold water, sweeten and flavor to taste. Heat the milk and tapioca moderately and bake one hour.

**Sauce.**—Stir to a cream four tablespoons of sugar, two of butter, one of flour, then beat the white of an egg to a stiff froth and add to the above. Pour in one gill, or teacup, of boiling water, and stir rapidly. Flavor with nutmeg, lemon and rose.

Mrs. C. J. Lawrence.

**Tapioca Caramel Pudding.**—Soak one cup of tapioca in a generous quart of water over night, add three cups of brown sugar and bake slowly one and one-fourth hours, stirring occasionally. When done, add the juice of one lemon and one teaspoon of vanilla. Serve with cream.

Mrs. Wallace C. Short.

**Pineapple Tapioca.**—Put three-fourths of a cup of tapioca in one quart of water, soak over night. Let it cook slowly on the back of

the stove until tender, adding more water if necessary. Then add the juice of one lemon, sweeten to taste. Stir in a fresh pineapple, chopped, or add the canned pineapple. When done stir in the beaten whites of three eggs. Place in serving dish and serve cold with whipped cream.

Miss Hattie H. Webster.

**Peach or Apple Tapioca.**—Soak one-half pint of tapioca in cold water for two or three hours, then set on the stove until it boils. Sweeten with white sugar. Peel and slice ripe peaches or apples to nearly fill a baking dish and sprinkle over them white sugar; pour over the tapioca and bake slowly one hour. To be eaten with cream and sugar.

Mrs. Robert Miller.

**Strawberry Tapioca.**—Soak half a cup of tapioca over night. Place half of it in a deep pudding dish and sprinkle with sugar. Then put a layer of a pint of strawberries, then the rest of the tapioca, then another layer of strawberries, sprinkle each layer with sugar. Fill the dish full of water and bake until perfectly clear. Serve cold with cream and sugar.

Mrs. Temple.

**Date Tapioca.**—One and one-half pounds of dates, one cup of tapioca; one-half cup of sugar. Cook the tapioca in water until it is clear. Add stoned dates and sugar and bake three-quarters of an hour. Serve with cream and sugar.

Miss Nita Dustin.

**Coffee Tapioca.**—Soak one-half cup of Pearl Tapioca in a little water over night. In the morning drain and add two cups of cold coffee and one cup of sugar. Put in double boiler, cook one and one-fourth hours. When cooked add one teaspoon of vanilla. Pour in a mould and serve cold with cream and powdered sugar.

Mrs. George E. Gorham.

**Date Pudding.**—A cup of chopped dates, one of nuts, a tablespoon of flour, a level teaspoon of baking powder, a half cupful of sugar and three eggs, mix together well the dates, nuts, sugar, flour and baking powder. Stir in the well beaten yolks of eggs and lastly fold in the stiffly beaten whites of eggs. Bake in slow oven one-half hour. Serve with whipped cream.

Mrs. Grace Munger Cantwell.

**Date Tartar.**—One cup powdered sugar, three eggs beaten separately, one cup of dates cut small, one cup of nuts cut fine, one cup of cold water, two heaping tablespoons of flour, one and one-half teaspoons baking powder. Bake in long shallow tin. When ready to serve cut in squares and fill with sweetened whipped cream flavored with vanilla.

Mrs. Estes.

A soufflé is not so difficult a dish to make as many think. Often it is not the preparation nor the baking, but that the soufflé has been moved too suddenly from the heat of the oven; it is always much wiser to open the oven door a very little at first, widening it very gradually so that the change of temperature may not be too sudden. If one is careful to do this and not wait too long before serving, one may be reasonably certain of success.

**Egg Soufflé.**—One cup of milk, four eggs, yolks and whites beaten separately, add a pinch of salt to the whites, one tablespoon of flour and two of sugar. Boil the milk, add flour and sugar mixed with a little of the cold milk, let cool. Put in the yolks and then fold in the whites carefully. Pour into a baking pan and place in a pan of hot water. Bake in a moderate oven. Serve with any hot cream sauce.

Mrs. Mary Flanagan.

**Prune Soufflé.**—One pound of prunes stewed until tender and the water well boiled down; put them through a colander. Beat the whites of five eggs stiff; add two cups of sugar to the prunes and two tablespoons of lemon juice, then the beaten whites, and mix all thoroughly and bake twenty minutes in the dish in which it is to be served. Serve immediately. Use any pudding sauce.

Miss Alice Watkins.

**Omelette Soufflé.**—Six whites and three yolks of eggs, three tablespoons of pulverized sugar. Beat the yolks and sugar to a light cream, add a little flavoring, beat the whites to a very stiff froth. Put the yolks and sugar in a deep bowl, pour the whites over and mix carefully. Turn into a baking dish slightly buttered, smooth over the top, sprinkle with sugar, bake in a moderate oven about ten minutes. Serve immediately.

Miss Ella J. Flanders.

**Custard Soufflé.**—Two scant tablespoons of butter, two tablespoons each of flour and sugar, one cupful of milk, four eggs. Let the milk come to a boil. Beat the flour and butter together; add to them, gradually, the boiling milk, and cook eight minutes, stirring often. Beat the sugar and yolks of eggs together; add to the cooked mixture, and set away to cool. When cool, beat the whites of eggs to a stiff froth, and add to the mixture. Bake in a buttered pudding dish about twenty-five minutes in a moderate oven. Serve immediately with whipped cream.

Mrs. George Hawkins.

**Sweet Omelet.**—Three eggs beaten light, pinch of salt and two tablespoons of cream; stir well. Put butter in an omelet pan and when melted pour in the eggs. When the eggs are about half done, drop on one-third of a pint bottle of raspberry jam or any canned fruit desired. Turn over like an omelet and serve.

## PUDDING SAUCES

**Pudding Sauce, No. 1.**—Add to one cup of sugar one egg, white and yolk beaten separately; stir in three tablespoons of boiling milk just before serving; flavor with vanilla. Mrs. Hiram H. Thompson.

**Pudding Sauce, No. 2.**—Butter the size of an egg, rubbed with one tablespoon of cornstarch, three tablespoons of sugar, one pint of boiling water, flavor with vanilla or lemon. Put in a double boiler and simmer one hour or until clear. Mrs. Ralph.

**Pudding Sauce, No. 3.**—Butter the size of an egg, one-half of a cup of sugar, one egg. Cream the butter and sugar thoroughly, into this drop the egg unbeaten, then beat all well; add two tablespoons of boiling milk, a little nutmeg and stir to a good foam.

Mrs. Griswold.

**Pudding Sauce, No. 4.**—One cup of sugar, one-half a cup of butter, one egg. Stir the butter and sugar to a cream, add the beaten yolk and then three tablespoons of boiling water, mix in a bowl and set in a dish of hot water until ready for use, then add the beaten white of an egg. Flavor to taste.

Mrs. Lucy King Allen.

**Pudding Sauce, No. 5.**—One egg beaten light, add grated rind and juice of one lemon; three-fourths of a cup of pulverized sugar. Just before serving add one cup of cream whipped and beat all together.

Mrs. Capron.

**Cream Sauce.**—Cream one cup of powdered sugar and one cup of butter together, add one-half a cup of cream. Place bowl in hot water just before going to the table. It does not want to cook, just get hot and dissolve. Flavor to taste.

Miss Mary Fay.

**Cream Sauce.**—One cup of powdered sugar, one egg, two cups of whipped cream; beat the white of the egg to a stiff froth; add the yolk and sugar, and beat well; flavor and add the cream last of all.

**Foaming Sauce.**—One-half cup of butter; one cup of sugar; yolk of one egg beaten to a cream, one-half a tablespoon of flour or cornstarch; add one cup of boiling water; place in a kettle of boiling water until it thickens; add the beaten white of one egg; flavor after removing from the fire.

Mrs. W. L. Collins.



**Vevey Sauce.**—One cup of powdered sugar and one-half cup of butter creamed together. Add one well-beaten egg and two tablespoons of boiling water. Flavor with vanilla. Miss Faith Chipperfield.

**Sour Sauce.**—One cup of sugar, one level tablespoon of flour and two tablespoons of butter rubbed to a cream; one-half cup of vinegar; one egg well beaten; add one-half cup of hot water and stir while cooking.  
Mrs. Whittelsey.

**Velvet Sauce.**—Yolks of two eggs, one cup of sugar, one tablespoon of butter and one cup of milk. Beat the eggs, butter and sugar together. Heat the milk and add to the eggs, then place on the stove and stir until it comes to a boiling heat. Flavor with vanilla or whatever you please.

**Tutti-Frutti Sauce.**—Half a cup of raisins, seeded and chopped; one tablespoon each of blanched and chopped almonds, chopped citron, lemon juice, and half the grated rind of a lemon with the same quantity of orange peel. One tablespoon of butter creamed with a cup of powdered sugar; one cup of boiling water; as much arrow-root as will lie on a dime. Heat the water and pour over the fruit, nuts, and grated peels. Cover and leave in a vessel of boiling water for an hour. Then beat in the creamed sugar and butter with the arrow-root; heat to a boil and serve.

**Strawberry Sauce.**—Make a hard sauce; add the whipped white of one egg and a cup of strawberries mashed to a pulp. Any fruit may be added in the same way and makes good sauce for fruit puddings.

Mrs. Belding.

**Strawberry Sauce.**—Cream together one-half cup of butter and one and a half cups of powdered sugar, add one small can of berries which have been put through a sieve, beat all one-half hour with egg beater, add one-half cup of cream, whipped.  
Mrs. Gallant.

**Hard Sauce or Fairy Butter.**—Cream one-half cup of butter, add gradually stirring all the time one cup of powdered sugar and the beaten white of one egg, beat until light and creamy. Flavor with nutmeg, vanilla or lemon.

**Pudding Sauce.**—Cream together four tablespoons of sugar and butter half the size of an egg, add one unbeaten egg, and beat very thoroughly, then add one pint of cream, whipped. Flavor to taste.

Mrs. H. C. Putnam.

**Lemon Sauce.**—One cup of sugar, half a cup of butter, one egg beaten light, one lemon, juice and grated rind, or one tablespoon of vinegar, half a cup of boiling water; put in a tin basin and steam.

**Lemon Sauce.**—Cream half a cup of butter, add gradually one cup of powdered sugar, and beat until light; add the whites of two eggs, one at a time, beating steadily. When about ready to serve set the sauce-pan containing the sauce in boiling water over the fire; add one-fourth cup of lemon juice and one-fourth cup of boiling water and stir until creamy. Remove to a cooler dish and serve at once. The flavor of lemon will be heightened by grating a little of the yellow rind into the butter and sugar.  
Janet McKenzie Hill.

**Lemon or Orange Sauce.**—Two teaspoons of cornstarch, one cup sugar, sifted together; pour over one pint of boiling water and cook until clear; then add the juice and rind of one lemon and two tablespoons of butter. Serve.  
Janet McKenzie Hill.

**Sauce for Cranberry Pudding.**—One cup of sugar, one egg, one-half cup of milk. Scald the milk, beat the egg and sugar together a long time, pour in the milk. Flavor and serve immediately.  
Mrs. Marshall Howard.

**Maple Syrup Sauce.**—Two cups of maple syrup, a piece of butter the size of an egg, one tablespoon of flour, stirred with a little cold water. Cook slowly one hour. This is very nice for apple pudding.  
Lizzie Peach.

**Maple Sugar Sauce.**—Boil one-fourth of a pound of maple sugar and a half a cup of water until it begins to spin a thread. Take from the fire and add the juice of one lemon. Beat the whites of two eggs until frothy, add the syrup gradually beating all the time; when well mixed stir in one-half cup of cream and serve.  
Table Talk.

**Brown Sugar Sauce.**—Blend one and one-half teaspoons of flour with two teaspoons of butter and mix with three-fourths cup brown sugar and three-fourths cup boiling water. Boil until it thickens and add one-half teaspoon vanilla. Excellent served on hot ginger bread for dessert.  
Mrs. Sally Crooks Robinson.

**Orange Sabayon Sauce.**—In the double boiler, cream one-fourth cup of butter, add the yolks of four eggs, one at a time, and beat in thoroughly. Add one-fourth cup of sugar and when all are blended, four

tablespoons of cream and cook over hot water, stirring constantly. When thickened slightly, add one-fourth cup of orange juice and one teaspoon of lemon juice. Janet McKenzie Hill.

**Cold Sabayon Sauce.**—Beat one whole egg and two yolks, add a half cup of sugar, beat well, add one-half cup of fruit juice and cook over hot water till thick. Cool and when ready to serve, fold in one-half cup of cream beaten firm.

**Melba Sauce.**—Pour off part of the juice from a can of raspberries. Press the pulp through a fine sieve, to this add a half cup of sugar and stir over the fire till boiling. Chill and serve.

When made of fresh berries, add a cup of sugar to a pint of berries, let stand a few hours and press through a sieve.

Mrs. George Hawkins.

**Maraschino Sauce.**—Sift together one teaspoon of arrow root and one-third cup granulated sugar, pour on two-thirds cup boiling water and cook five minutes; add half a tablespoon of butter, one-fourth cup of Maraschino cherries cut in half, half a cup of Maraschino syrup and a teaspoon of lemon juice. Mrs. Sumner.

**Vanilla Sauce.**—Put a pint of milk in double boiler, beat yolks of three eggs, pinch of salt and two tablespoons of sugar till light. Add carefully to the milk, stirring constantly till thickened and cooked. Add a teaspoon of vanilla and use when cold. Viola Vivlamore.

**Caramel for Flavoring.**—Put one cup of granulated sugar into a dry frying pan. Stir until it not only melts but turns dark. Be careful not to burn. If it is to be used at once, heat whatever is used with it before adding to the caramel. If for future use, add one cup of boiling water to the caramel, simmer five minutes and bottle when cold. Mrs. Sarah Robb Taylor.

## DESSERTS

**Ambrosia.**—Eight fine sweet oranges peeled and sliced, half a grated cocoanut, and half a cup or more of powdered sugar; arrange the oranges in a dish; then a layer of sugar, cocoanut, then sugar, and so on until the dish is full. A layer of pineapple improves it.

Mrs. Barney.

**Pineapple Ambrosia.**—Soak one cup of tapioca over night in one quart of water. In the morning put on the back of the range with one cup of sugar and a pinch of salt. Cook until clear. Remove from the fire and while hot stir in one can of grated pineapple. Put in a mould and when cold serve with whipped cream. If fresh fruit is used, chop, and put in more sugar, and cook ten or fifteen minutes after the fruit is in.

Mrs. Beman.

**Charlotte Russe.**—One-half box of gelatine, one cup of sugar, nearly one quart of milk, one pint of cream, whipped, three eggs; dissolve the gelatine in the milk; when hot add the eggs, well beaten; when nearly cold add whipped cream; season with vanilla. Line the moulds with sponge cake and fill with the mixture.

Mrs. D. W. Lawrence.

**Charlotte Russe.**—One pint of cream whipped light, one-half an ounce of gelatine dissolved in a gill of hot milk, whites of two eggs beaten to a stiff froth, one small teacup of powdered sugar, one small teaspoon of vanilla, a few drops of almond; mix the cream, eggs, and sugar; flavor and beat in the gelatine last; it should be quite cold before added. Line a mould with slices of sponge cake or lady fingers; fill with the mixture and set on the ice to cool. This quantity will fill two moulds.

Mrs L. C. Wead.

**Charlotte Russe.**—One ounce of isinglass (two and one-half sheets), one-half pint of milk, three eggs, one and one-half cups of sugar. Melt the isinglass in the milk on the back of the stove, stirring often. Beat the eggs and add the sugar; when the isinglass dissolves pour over the eggs and beat well; whip one and one-half pints of cream, flavor with vanilla and add to the above mixture. Line moulds with slices of sponge cake and fill; this will make two moulds.

Mrs. Delia H. King.

One tablespoon of granulated gelatine equals one-fourth box of gelatine.

**To Bake Custards.**—Custards and all puddings composed largely of eggs should be baked at a low uniform temperature. For this reason it is advisable to set the dish containing the custard or pudding in a pan of hot water in the oven.

**Cup Custards.**—For six cups of custard take one pint of milk, three tablespoons of sweet cream, three eggs; three tablespoons of maple sugar—beaten with the eggs, and a little nutmeg. Fill the cups, set in a dish of hot water and bake half an hour.

Miss Chambers.

**Caramel Custards.**—Put four tablespoons of granulated sugar in a clean frying pan, and stir over a moderate fire till it melts, being careful not to let it become too dark. Divide this into six small cups, turning each so that the bottom part of the sides may be coated with the caramel. Make a custard of three eggs, and four tablespoons of sugar, one pint of milk and one teaspoon of vanilla. Pour this mixture into the cups, set them in a pan of hot water and bake in a moderate oven till firm in the center. Chill and unmould onto individual dishes. The caramel will form a sauce around each.

Addie Stevenson.

**Caramel Custard.**—Put one-half cup of sugar in spider, stir constantly over hot part of range until melted to light brown color. Add gradually one pint of scalded milk. Beat five eggs and yolks of two, stir in one pint of milk and add to the caramel mixture. Then pour into a buttered melon mould, set it into a pan of hot water and bake in slow oven until firm. Chill, turn on platter and garnish with whipped cream slightly sweetened and flavored with vanilla.

Mrs. George Hawkins.

**Cup Caramel.**—Two cups of sweet milk, two tablespoons of cornstarch, two cups of brown sugar, one-half cup of English walnut meats. Place the sugar in an iron spider and melt to a smooth paste. Heat the milk and thicken with cornstarch. Slowly pour the thickened milk over the sugar, stirring constantly to prevent lumps. Add the nuts, which have been broken into pieces. Pour into cups for serving. When cold serve with whipped cream. Mrs. L. F. Hodge.

**Maple Caramel Pudding.**—Whites of four eggs beaten lightly, one cup of maple sugar, and one-half cup of water, boiled to the thread. One-fourth box of gelatine dissolved in one-half cup of water, pour

half of the boiled sugar on gelatine, the other half over the eggs beating thoroughly. Flavor with vanilla and pour into mould.

**Custard.**—Scald one and one-half cups of milk in double boiler. Add the well beaten yolks of four eggs with a little sugar and one teaspoon of cornstarch dissolved in a little cold milk and added to the boiling milk. Stir until mixture thickens and a coating is formed on the spoon, strain if necessary; chill and flavor. If cooked too long the custard will curdle. Serve with the pudding.

Sarah Campbell.

**Floating Island.**—Beat the yolks of three eggs, add one-fourth cup of sugar, one-eighth teaspoon of salt, mix well. Scald two cups of milk and pour over the egg mixture slowly, stirring constantly, put in double boiler and cook, stirring until mixture thickens and a coating is formed on the spoon, cool and flavor. If cooked too long the custard will curdle. Pour the cool custard into a glass serving dish. Make a meringue of the whites of three eggs and two tablespoons of sugar, whip until you can cut it, then drop this by spoonfuls over the custard.

**Raspberry Custard.**—Make a custard in double boiler of one pint of milk, the yolks of two eggs, two tablespoons of sugar. Put a dessertspoon of raspberries in each of six custard glasses, fill nearly to the top with the custard when cold, adding the whites of the two well beaten eggs with a little sugar.

Mrs. George H. Oliver.

**Nut Pudding.**—Put two cups of brown sugar in a granite plate over the fire till it melts, being careful not to let it become too dark. Add it to one quart of scalded milk. Then add two well beaten eggs and two and one-half tablespoons of cornstarch dissolved in a little milk. Cook until thick and beat until smooth. Flavor with vanilla and add one-half or one cup of English walnuts, chopped. Put in mould and when cold serve with whipped cream.

Mrs. MacIntosh.

**Walnuts and Apples.**—Wash, half and core eight apples. Place in sauce-pan with one cup of maple syrup, two tablespoons of butter, one and one-half cups each of chopped nuts and water. Boil until syrup is thick. Serve cold with cream.

Mrs. Peter McDonnell.

**Apple Snow.**—Peel two apples and grate them, while grating the apples put powdered sugar over them so they will not turn brown.



Add the beaten whites of two eggs to the apples and sugar and beat thirty minutes. It must be very stiff. Arrange in mound on a large dish and put it in a cool place. Boil one pint of milk, stir in one heaping teaspoon of cornstarch, when boiled stir in the two yolks, add a little sugar and vanilla. When a little cool pour this on the dish around the apple snow.

Mrs. Edward Lawrence.

**Banana Pudding.**—Arrange one dozen lady fingers or small squares of sponge cake in a fancy china or glass pudding dish. Upon these slice two good-sized bananas and sprinkle over them two tablespoons of sugar. Make a custard in double boiler of one pint of new milk, one teaspoon of cornstarch, one whole egg and the yolks of two, and one-half cup of sugar. While slightly warm pour over the bananas and cake. Make a meringue of the remaining whites of two eggs and heap on the top, sprinkle a tablespoon of sugar over it and place in the oven to brown and crisp. Serve cold.

Mrs. Franklin Cooley.

**Orange Float.**—One quart of milk, juice and pulp of two lemons, one coffee cup of sugar; add four tablespoons of cornstarch, mixed in cold water; let it boil fifteen minutes, stirring it; when cool pour it over four sliced oranges; spread over the top the beaten whites of three eggs; sweeten, and add a few drops of vanilla; serve with cream.

Mrs. B. Webster.

**Chocolate Pudding.**—Put one pint of milk and one-third of a box of gelatine on the stove until dissolved. Beat one-half cup of sugar with yolks of two eggs and four tablespoons of grated chocolate, pour this into the milk, beating until it foams. Put on stove and stir constantly until it almost boils; take off and stir in the well beaten whites of two eggs. Flavor with vanilla. Pour in mould and serve with cream.

Mrs. Sadie Littlejohn Siewers.

**Chocolate Blanc Mange.**—One-fourth pound of chocolate, one-half box of gelatine, one quart of milk, one cup of sugar; put all in a double boiler and cook one hour; when nearly cold flavor with vanilla. Serve with cream and sugar.

Mrs. John King.

**Angel Food Pudding.**—One loaf of angel food cake cut through the center, one pint of cream partly whipped, to which add one scant tablespoon of gelatine dissolved in water, one teaspoon of vanilla, four tablespoons of sugar. Let it stand in a cool place until it gets firm. Spread between the cake and over the top, sprinkle with chopped almonds and candied cherries.

Mrs. William Breed.

**Sponge Cake with Cream and Nuts.**—Take part of a sponge cake, whip one pint of cream, sweetened a little, flavor to taste and spread on top of the cake. Sprinkle with one-half cup of chopped almonds or walnuts.

Mrs. Breed.

**Irish Moss Blanc Mange.**—Wash a small handful of the moss and put it into a quart of milk in double boiler and let steep at boiling point twenty or thirty minutes. Test by putting a spoonful to cool, if it thickens like jelly it is cooked, Strain, sweeten and flavor to taste. Put in mould and serve cold with cream.

Mrs. George Hawkins.

**Devonshire Junket.**—One quart of new milk, warmed to blood heat *only*. One junket tablet dissolved in a teaspoon of milk. Two teaspoons of sugar; nutmeg or any other flavoring, coffee, chocolate, or fruit juice. If using the last named, a half cupful, and of milk one-half cup less must be used. Stir as little as possible, pour into serving dish and set aside to coagulate. Cool in the ice box.

Mrs. W. S. Lawrence.

**Vanilla Bavarian Cream.**—Soak one-half box of gelatine in one-half cup of water, beat the yolks of four eggs until creamy, then add one small cup of sugar. Scald one pint of milk in a double boiler, and pour slowly on the beaten eggs, stirring all the time. Return to the stove a moment to cook the eggs; add the soaked gelatine, one teaspoon of vanilla, stir until the gelatine is dissolved, then strain; when it is cold and beginning to set, mix in lightly one pint of cream whipped. Pour into a mould to harden.

Mrs. George Hawkins.

**Coffee Bavarian Cream.**—Omit vanilla and soften the gelatine in a fourth of a cup of clear, strong coffee instead of water.

**Chocolate Bavarian Cream.**—Melt two ounces of chocolate over hot water with one-fourth cup each of sugar and boiling water, stir till glossy, add to the milk. Make as above.

**Maple Bavarian Cream.**—Use a cup of maple sugar instead of granulated and proceed as for Vanilla Bavarian Cream.

**Caramel Bavarian Cream.**—Caramelize three-fourths of a cup of sugar, add it to the hot milk with a fourth of a cup of sugar.

**Pineapple Cream.**—Dissolve one-half box of Cox's gelatine in half a cup of cold water, add one cup of boiling water, the juice each of one lemon and one orange and enough of the juice from a can of sliced pineapple to make one and one-quarter cups; also one and one-

half cups of sugar. Place this mixture on stove and stir until perfectly dissolved. Strain through cheesecloth and when beginning to thicken beat until white. Then add one pint of cream whipped, beating both together thoroughly, adding one can sliced pineapple, cut into small pieces and well drained. Pour into mould and place on ice.

Mrs. G. H. Hale.

**Spanish Cream.**—Take one-third of a box of gelatine and dissolve in a pint of milk; boil ten minutes; add one cup of sugar; beat the yolks of four eggs and pour them in the hot milk, stirring briskly; again cook a little, as for custard; beat the whites stiff and pour the boiling custard on them; stir fast. Flavor with one teaspoon of vanilla. When served pour around the mould a pint of sweetened whipped cream.

Mrs. William Orecutt.

**Banana Float.**—Soak one-third of a box of gelatine in a little cold water. Scald a pint of milk and a scant half cup of sugar together. Pour a little of the hot milk over the gelatine and stir until dissolved, then stir this into the rest of the milk and boil a few minutes. When cool stir in two bananas broken in small pieces; mix well, pour into a mould and set on ice to cool. Unmould and serve with whipped cream sweetened and flavored.

Addie Stevenson.

**Orange Charlotte.**—Make a jelly of one-half a box of gelatine, one pint of orange juice and one and one-half cups of sugar, the juice of one lemon and one and one-half cups of water. When the jelly begins to thicken add slowly the well-beaten whites of four eggs, stir until the eggs and gelatine are thoroughly mixed. A pint of whipped cream may be used instead of the eggs. Line a mould with sections of oranges and fill with the mixture. The above may be moulded and garnished with whipped cream and oranges or piled in a glass dish and garnished with bright jelly and orange.

**Coffee Cream.**—One-half pint of boiling water, one heaping tablespoon of coffee, one-fourth box of gelatine, one-half cup of sugar. Pour the water on the coffee and let stand closely covered for fifteen minutes, then strain over the gelatine. When cold stir in the sugar and one pint of cream, whipped, beat lightly and pour in mould.

**Raspberry Sponge.**—One-half box of gelatine dissolved in one-half pint of cold water, add one-half pint of boiling water, one pint of raspberry juice, sugar to taste. Beat in one pint of whipped cream when the above is partly set, and place in a mould.

Nora McCarthy.

**Bivou.**—Whites of four eggs, five tablespoons of powdered sugar, two tablespoons of gelatine. Beat the eggs to a stiff froth, then add the sugar. Pour a little water on the gelatine to soften, then place on the fire and let it dissolve. When boiling hot pour over the sugar and eggs. Beat for about twenty minutes after putting in the gelatine. Flavor with one teaspoon of vanilla. Serve with plain or whipped cream and strawberry preserves. Mrs. William Breed.

**Trilby Pudding.**—To two cups of cream, well whipped, add one cup of shelled walnuts, broken finely, three-quarters of a pound of marshmallows cut fine with scissors, one-fourth cup of confectioners' sugar; place in mould. When thoroughly cold serve, decorated with cherries. This will serve ten.

**Marshmallow Pudding.**—One tablespoon of granulated gelatine, one cup of boiling water, one heaping cup of sugar, stir till dissolved. Whites of three eggs beaten very stiff, add gelatine mixture and when cool beat one-half hour. Add one-half teaspoon of vanilla, chopped nuts, pulverized macaroons or any fruit like grapes or cherries cut into dice may be added. Mrs. Gertrude Spann Lynn.

**Marshmallow Cream.**—Dissolve one tablespoon of O X gelatine in one-half cup of hot water. When thoroughly dissolved add one-half cup of cold water, then pour it very slowly over the stiffly beaten whites of four eggs, keep on beating and add one cup of granulated sugar and one teaspoon of lemon extract. Wet a mould in cold water and put in one-third of mixture, then a layer of Maraschino cherries cut small, then a layer of the mixture, then cherries, then the remainder of mixture. Have the cherries ready beforehand and work fast as it hardens quickly. Serve with whipped cream, sweetened and flavored with vanilla. Mrs. Frederick J. Seaver.

**Marshmallow and Pineapple.**—One-fourth pound of marshmallows cut in quarters and placed in serving dish. Cover this over with one-half can of grated pineapple. Put plate or some light weight over and leave several hours or over night in refrigerator. If the marshmallows have not soaked up the juice, pour it off. When ready to serve sprinkle over with pecan nut meats broken fine and cover with whipped cream sweetened and flavored. Decorate with Maraschino cherries. Serve very cold.

Other fruits may be used with the marshmallows. If cherries are used flavor cream with little bitter almond. Miss Jean Hawkins.

**Marshmallow Pudding.**—Soak one tablespoon of gelatine in one-half cup of water for one-half hour. Add whites of two eggs beaten thoroughly to one cup of sugar. Fill cup containing gelatine with hot water, add to whites and sugar and beat twenty minutes. Flavor all with vanilla or divide into three parts; color one pink and flavor with rose, color one green and flavor with pistachio, the other with vanilla. Put in mould in layers and serve with whipped cream.

Miss Hepburn.

**Pineapple and Marshmallow Dessert.**—Cut one-half pound of marshmallows in quarters. Over this shred one-half pineapple being careful not to lose the juice. Sugar to taste. Serve with whipped cream, sweetened and flavored. One-half pound of marshmallows and one-half pineapple will serve four people.

Mrs. Leslie Lathrop.

**Fairy Cream.**—One-half pound of marshmallows (or a ten cent box). Cut each in four pieces, one-fourth cup of Maraschino cherries, one-half to three-fourths cup of chopped walnut meats, one cup heavy cream, two tablespoons powdered sugar, pinch of salt and vanilla to taste. Put sugar, vanilla and salt in cream and whip, then add the marshmallows. Place on ice to chill, when ready to serve put in the cherries and nuts reserving some of the cherries to put on top with angelica cut in long narrow strips.

Miss M. L. Platt.

**Banana Whip.**—Force five bananas through a vegetable press and add to them the juice of one lemon, one cup of sugar and the white of one egg. Beat with an egg beater until frothy and serve in sherbet glasses soon after it is prepared as it will separate if it stands too long.

Mrs. Ada Harwood Parmele.

**Delight.**—One cup of Malaga grapes cut in small pieces, one cup of English walnut meats chopped fine, one cup of marshmallows cut in small pieces, two tablespoons of sugar, pinch of salt; mix all together and when ready to serve add one cup of whipped cream.

Mrs. Mary Ambross.

**Cold Cabinet or Royal Pudding.**—Soak one tablespoon of granulated gelatine in one-fourth cup of cold water and add to a custard made of yolks of three eggs, one-third cup of sugar, two cups of milk and pinch of salt. Strain, cool and add a teaspoon of vanilla, or flavor to taste. Place a melon mould in a pan of ice water, butter slightly and decorate with candied cherries and angelica (well drained canned cherries and strips of citron may be used). Have five lady fingers

and six macaroons soaked in custard. Cover decorations with custard placing carefully by spoonfuls. When firm add layer each of lady fingers and macaroons. Repeat being careful that each layer is firm before another is added. Chill, remove to a serving dish and garnish with whipped cream sweetened and flavored to taste and candied cherries.

Mrs. George Hawkins.

**Rice Dessert.**—Dissolve one and one-half teaspoons of gelatine in one-fourth cup of cold water. Pour over it one-half cup of hot pineapple juice, one-half cup of sugar, one-half cup of pineapple cut in small pieces, one cup cooked, salted rice, juice of one lemon. Stir all together and when cold and beginning to harden stir in one cup of cream whipped. Any juice left from canned fruit may be used instead of pineapple.

Mrs. Elizabeth Hawley Coleman.

**Snow Pudding.**—Cover one-half box of gelatine with a little cold water and let soak one-half hour, pour over it one pint of boiling water, add two cups of sugar and juice of three lemons, strain into a granite basin, place this in a pan of ice water and let stand until cold. When cold beat with an egg beater until white as snow. Beat the whites of four eggs to a stiff froth and stir into the pudding; pour into a mould to harden. Serve with whipped cream.

Mrs. George Hawkins.

**Coffee Jelly.**—One-half box of gelatine dissolved in one cup of cold water, one cup each of boiling coffee and water, one-half cup of sugar; vanilla; let it come to a boil; strain into a mould to cool. To be eaten with cream and sugar.

Mrs. L. C. Wead.

**Judge Peters.**—To two-thirds of a box of gelatine add one pint of cold water, dissolve with one pint of boiling water, add two cups of sugar, the juice of four lemons, and strain. Arrange in layers three bananas, two oranges, six Brazilian nuts shaved, five figs, eight dates. When the gelatine is cold pour over the fruit and place on ice to harden. Serve with whipped cream. Whip one pint, sweeten to taste. Flavor with vanilla.

Miss Mary Fay.

**A Quick Dessert.**—Stew prunes, remove stones, cut fine and serve very cold with whipped cream.

Mrs. Josephine Munger Channell.



Fresh pineapple contains a ferment which destroys the thickening property of gelatine; consequently it must be cooked before using for jellies.

**Pineapple Jelly.**—Cover one-half box of gelatine with one-half cup of cold water, add one cup of boiling water, one cup of sugar, juice of one lemon and one pint of pineapple juice which has been scalded.

**Lemon Jelly.**—Two cups of sugar, one cup of lemon juice, one quart of boiling water, one cup of cold water and one box of gelatine. Soak the gelatine in cold water two hours; then add boiling water, sugar and lemon juice. Strain and mould. Miss Fleming.

**Orange Jelly.**—For each pint of juice allow one-half box of gelatine, one-half cup of cold water, one cup of boiling water, one cup of sugar and the juice of one lemon. Proceed as for lemon jelly.

Mrs. McClary.

**Orange Baskets with Jelly.**—Cut two pieces from each orange leaving what remains in shape of basket with handle and remove pulp from basket and pieces; cut top of basket in points using scissors and keep baskets in ice water until ready to serve. Strain juice from pulp and follow recipe for orange jelly, fill the baskets with this and when served pile upon these whipped cream. Mrs. McClary.

**Rose Apples.**—Dissolve a cup of cinnamon drops (small round red candies) in a pint of boiling water. In it let simmer six or eight pared and cored apples, turning often. When tender and tinted rose-colored, remove to a serving dish. Boil the syrup till quite thick and pour round the apples. When cold, beat a cup of cream till firm and pipe it over and around the apples. Mrs. Dan Mather.

## FROZEN DESSERTS

**Ice Cream.**—Put into a double boiler one quart of milk, add one and one-half cups of sugar and scald; dissolve one tablespoon of corn-starch in a little milk and add to the hot milk; stir until smooth; beat the yolks of three eggs and add to the milk just as you take from the stove. Strain. When cold add one coffee cup of cream beaten to a froth, stiffly beaten whites of three eggs, stir with the custard, flavor to taste and freeze.

Miss Meeker.

**Ice Cream.**—Make a custard in a double boiler of one quart of milk, three even tablespoons of cornstarch, and one-half cup of sugar; when cold stir in two quarts of cream, one coffee cup of sugar, two tablespoons of vanilla, one of lemon; after thoroughly mixing put in a freezer. Do not stir much for five minutes, after that the more it is stirred the finer the cream. This makes one gallon.

Libbie Rogers McKenna.

**Vanilla Ice Cream.**—For four or five quarts of ice cream take two quarts of milk and three small cups of sugar. Let come to a boil in a double boiler. Stir in gradually two heaping tablespoons of corn starch, which has been thoroughly mixed with cold milk. Cook about thirty minutes or until of the consistency of cream. When cold, add two quarts of thick cream, slightly whipped. Flavor with vanilla and a little lemon to your taste. Strain and put into the freezer. If desired the whites of two eggs well beaten can be added just before freezing.

Mrs. W. H. King.

**Junket Ice Cream.**—Crush and dissolve a junket tablet in a tablespoon of water. Heat one quart of milk, a cup of heavy cream and one of sugar to about ninety degrees (milk warm). Stir in a tablespoon of vanilla and the junket tablet. Let stand in a warm place till mixture jellies, then let cool and freeze.

**Hot Chocolate Sauce for Ice Cream.**—To one-half cup of boiling water add one cup of granulated sugar and stir until dissolved, then boil without stirring until it threads. Add one square of Baker's chocolate or four level tablespoons of Huyler's powdered chocolate dissolved in two tablespoons of boiling water. Let it all boil up again until it threads and serve immediately.

Mrs. Belding.

**Hot Chocolate Sauce.**—Melt four squares of chocolate over the teakettle, add four tablespoons of sugar, and stir till smooth. Add gradually one scant cup of hot water and boil it slowly ten minutes, then add one-half cup of cream, one-half teaspoon of vanilla. If desired a teaspoon of arrowroot to thicken.

Mrs. Estes.

**Hot Maple Sauce for Ice Cream.**—One pound of maple sugar and one pint of water or one pint of syrup using no water, boil until it thickens; one-fourth of a pound of English walnuts chopped fine. Serves twenty people.

Mrs. S. T. Carpenter.

**Chocolate Ice Cream.**—One quart of cream, one pint of new milk, two and a half cups of sugar, two eggs beaten very light, six tablespoons of chocolate wet with a very little hot water, one teaspoon of vanilla; make a custard of the milk, sugar, eggs and chocolate; cook in double boiler; when cold stir in the cream and vanilla and freeze.

Mrs. F. S. Channell.

**Chocolate Ice Cream.**—One and one-half pints of cream, one pint of milk (with cream kept on it), one cup of sugar and one teaspoon of vanilla. Melt five heaping tablespoons of grated chocolate with one cup of the milk. Let cool, then mix all together well (to dissolve the sugar). Add the beaten whites of two eggs, and freeze. Will serve eight or nine persons.

Mrs. Ransom.

**Coffee Ice Cream.**—Six tablespoons of coffee, one-half of the white of an egg placed in a muslin bag and cooked in one pint of hot or cold water; when done strain through a muslin bag and add to this one pint of milk, two cups of sugar, yolks of three eggs; cook in double boiler and strain. When cold add the beaten whites of three eggs and from one pint to one quart of whipped cream and freeze.

Mrs. McClary.

**Peach Ice Cream.**—Put into a double boiler one quart of milk, one and a half cups of sugar; boil until the sugar is dissolved; add one heaping tablespoon of cornstarch which has been thoroughly mixed with cold milk. Cook about thirty minutes. When cold add one quart of thick cream lightly beaten, one dozen peaches pared and mashed, one-fourth of a teaspoon of almond extract, strain and freeze.

Mrs. Breed.

**Strawberry Ice Cream.**—One quart of cream, two cups of sugar, one and one-half quarts of strawberries. Put one-half the cream and one cup of sugar on to boil in a double boiler; when the sugar is dis-

solved set aside to cool. Add the remainder of the sugar to the berries and after letting them stand an hour, strain through cheese-cloth. Add remaining half of the cream to sweetened cream and freeze; when nearly frozen add the fruit juice, beat thoroughly and finish freezing.

Mrs. Chipperfield.

**Banana Ice Cream.**—Two quarts of cream, one of milk, one even teaspoon of cornstarch, one coffee cup of sugar, nine bananas cut in small pieces. Make a custard of milk, cornstarch and sugar in double boiler; strain and when cold stir into the cream, slightly whipped. Put all together and freeze.

Libbie Rogers McKenna.

**Maraschino Ice Cream.**—Two quarts of thick cream, three cups of sugar (or sweeten to taste). Just before putting into the freezer add the juice of one large lemon and one pint of Maraschino cherries with their liquor, having cut cherries into small pieces. Add carefully enough Burnett's fruit coloring to make a delicate pink and freeze as usual.

Miss Channell.

**Caramel Ice Cream.**—One quart of cream, one quart of milk; scald three-fourths of the milk, mix one-third cup of flour with one cup of sugar and moisten slowly with the remaining milk; add two eggs well beaten, beat all until smooth and stir into the scalded milk. Melt one cup of sugar in iron skillet; when brown stir briskly in custard while on fire. Strain. When cold add the cream, lightly beaten. Freeze.

Mrs. William C. Breed.

**Almond Ice Cream.**—One quart of cream, one cup of sugar, one-fourth pound of shelled almonds, one tablespoon each of caramel and vanilla. Blanch and roast the nuts and pound to a smooth paste. Put the sugar and half the cream on the fire and stir till the sugar is dissolved, then add the rest of the cream and almonds; when cold add the caramel and vanilla and freeze. Walnut ice cream is made the same way—using one-fourth pound of shelled walnuts.

**Maple Ice Cream.**—Make a steamed custard of one quart of milk, one cup of soft maple sugar, two eggs beaten light. When cold add one pint of cream beaten a little. Strain and freeze.

Alice Redmond Duffy.

**Maple Ice Cream.**—Pour two cups of maple syrup boiling hot over five well-beaten eggs. When cool add one quart of cream, whipped, and freeze.

Mrs. M. C. Blackett.

**Orange Ice Cream.**—To three pints of cream add the grated rind and juice of two oranges and one lemon. Sweeten to taste and freeze.

Mrs. H. W. Cady.

**Macaroon Ice Cream.**—To one quart of cream add one cup of dried and pounded macaroons, three-fourths cup of sugar and one tablespoon of vanilla. Stir all together and freeze.

Mrs. Anna Bristow Kellas.

**Peppermint Ice Cream.**—One-half pound of red striped peppermint stick candy, two pints of cream and whites of three eggs. Heat one pint of the cream in a double boiler, crush the candy and dissolve it in the cream. Beat the whites of the eggs stiff and add to the other pint of cream. When the heated cream cools mix all together, beat well and freeze. Will serve eight persons.

Miss M. L. Platt.

**Wintergreen Ice Cream.**—One pound of the best wintergreen stick candy, broken into small pieces, and allowed to dissolve over night in one quart of cream. When ready to freeze, add one cup of pulverized sugar and one quart of cream, whipped.

Mrs. Lou Allen Jones.

**Neapolitan Ice Cream.**—This cream is moulded in a brick in three layers of different flavors and colors. Often an ice or sherbet is used for one of the layers. The moulding of this cream must be done quickly but with care to have the layers even. The mould is packed in salt and ice.

**Fruit Ice.**—Remove the skins and scrape four bananas and mash thoroughly. Take juice of four oranges and two lemons, two pints of water and two and one-half cups of sugar and freeze.

Mrs. Gertrude Spann Lynn.

**Frozen Peaches.**—Cut into small pieces one can of peaches. Boil one quart of water and one pint of sugar five minutes. When cold add the peaches and freeze. When beginning to harden, add one pint of whipped cream. Apricots, cherries, pineapples and strawberries may be used.

Mrs. Chipperfield.

**Frozen Pudding.**—One quart of cream, one pint of milk, two eggs, one-fourth of a cup of flour, two tablespoons of gelatine, two cups of sugar, one-half teaspoon of salt, one-half tablespoon of lemon, one pound each of candied cherries, candied pineapple and English walnuts chopped. Beat the flour, eggs and one cup of sugar together and stir into boiling milk, cook twenty minutes in double boiler, then add

dissolved gelatine. When cool add the other cup of sugar, cream and flavoring. Freeze and when it begins to stiffen add the fruit.

Mrs. Fred Amsden.

**Frozen Fig Pudding.**—One quart of milk, one cup of sugar, four eggs, one tablespoon each of gelatine and vanilla, one-half pound each of walnuts and figs, chopped fine. Soak the gelatine in a little water, then make a custard of the sugar, eggs, and milk in double boiler. Dissolve the gelatine in the boiled custard, add fruit and nuts, flavor and freeze.

Mrs. Wallace C. Short.

**Nesselrode Pudding.**—Remove shells from one cup of French chestnuts, put in boiling water for three minutes, then in cold water and remove skins. Cook till tender and put through a ricer. Beat the yolks of three eggs till creamy. Boil one cup of sugar and a half cup of water for five minutes, then pour gradually over the eggs stirring all the time. Place on fire and stir constantly till creamy. Remove from stove, turn into a bowl and beat till cold. Then add one cup of cream, the chestnuts, a half cup of almonds previously blanched and pounded, one teaspoon of vanilla and freeze. When frozen remove lid and add one-half pound of mixed candied fruits chopped fine and a half cup of grated pineapple. Replace lid and turn freezer for five minutes, then put in mold and pack in salt and ice till ready to use. Serve with whipped cream. This fills quart mold.

**Knickerbocker Pudding.**—Juice of four large or six small oranges and two lemons, sugar to taste. Mix and turn into mould. One pint of cream whipped, one-half cup of powdered sugar, one-half tablespoon of vanilla, two-thirds cup of chopped walnut meats; pour this over the fruit mixture, cover with buttered paper, fit on cover, pack in salt and ice and let stand three hours.

Mrs. R. M. Northup.

All sherbets and punches are improved by first making a syrup of the sugar and water.

**Milk Sherbet.**—One quart of milk, one pint of sugar, four lemons; mix the lemon juice and sugar and let it stand; chill the milk and just before freezing add the sugar and lemon. One pint of cream, beaten, improves it.

Mrs. Richardson.

**Sicilian Sherbet.**—The juice of eight oranges, one quart can of apricots, press the fruit through a sieve; dissolve a heaping tablespoon of gelatine in a little water, then add the juice and fruit; sugar to taste and freeze.

Mrs. George Hawkins.



**Peach Sherbet.**—Pare one dozen large mellow peaches, chop fine with a silver knife and press through a sieve, add one pint of orange juice, a pound of sugar. Dissolve one heaping tablespoon of gelatine in one-half cup of cold water, add to the mixture and freeze. Any combination of fruits that blend nicely may be used.

**Pineapple Sherbet.**—One tablespoon of gelatine, one and one-half cups of sugar, two quarts of water; boil ten minutes; let cool, add one can of chopped pineapple or cooked fresh pineapple and freeze.

Mrs. John Robb.

**Orange Sherbet.**—Soak one tablespoon of gelatine in one-half cup of cold water. Wash and soak the skin of two oranges in one cup of water. When some of the flavor is extracted, put this and one cup of sugar and one pint of orange juice into a pitcher. Dissolve the gelatine in the boiling water, and add to the mixture. Strain into a can and freeze. A little cream is an addition. If you do not use the extract from the skin of the oranges add one teaspoon of extract of orange.

Mrs. S. A. Beman.

**Lemon Sherbet.**—For one gallon: five lemons, five cups of sugar, two quarts of fresh milk, one quart of cream, three teaspoons of extract of lemon. Put sugar with the juice of the lemons, let stand a few hours, stirring often, then add milk *ice cold* to keep from curdling; next add cream, lightly whipped, and freeze.

Mrs. John Hardy.

**Grape Sherbet.**—Three cups of Welch's grape juice, one quart of water, three cups of sugar and juice of one lemon. Boil water and sugar fifteen minutes. When cold add grape and lemon juice and freeze medium stiff. Add a meringue of whites of three eggs and two tablespoons of powdered sugar and freeze hard. Home made grape juice may be used.

Mrs. C. M. Redfield.

**Crème de Menthe Sherbet.**—Put four cups of granulated sugar into two quarts of hot water and boil fifteen minutes. When it is cold add the juice of eight lemons and two tablespoons of Crème de Menthe. This last colors the sherbet a pretty green as well as gives it its flavor. Strain and freeze.

Miss Channell.

**Raspberry Sherbet.**—Make a syrup by boiling together for twenty minutes three and a half cups of water and one and a half of sugar, add two cups raspberry juice, two tablespoons lemon juice and a tablespoon of gelatine dissolved in half cup of water. Cool and freeze.

**Orange Sherbet with Whipped Cream.**—Five oranges, one lemon, two cups of sugar, one quart of water, one teaspoon of gelatine, one pint of cream. Boil water, sugar and gelatine together twenty minutes, add fruit juice and strain, when cold freeze until hard, remove from freezer to two quart melon mold, pack smooth and fill in space left at the top with the pint of cream which has been whipped. Pack as for any cream with ice and salt and let stand three hours.

Mrs. Arthur E. McClary.

**Lemon Sherbet.**—Three pints milk, three lemons, three oranges, three cups sugar and whites of two eggs. Grate rind of both lemons and oranges and press grated rind and juice through a bag. Add sugar to juice and let stand half an hour. Then add the milk slowly. Put into freezer and add whites of eggs beaten stiff. Stir and freeze.

Miss Ellen Van Cleef.

**Raspberry Water Ice.**—Boil two cups of water with four cups of sugar for twenty minutes. When taken from the fire add the juice of two lemons and three cups of raspberry juice. Freeze as soon as cool.

**Lemon Ice.**—Four lemons, whites of three eggs, one quart of water; cut and squeeze the lemons in the water, let rinds stand in it ten minutes. Strain through colander pressing out all the juice, sweeten and strain through flannel. Beat the eggs to a stiff froth, pour the mixture into freezer, add the eggs, stir thoroughly and freeze. This makes enough for a four-quart freezer.

Mrs. Ralph.

**Orange Ice.**—Four or six oranges, whites of three eggs, juice of one lemon, one quart of water, sugar to taste. Squeeze juice of oranges, grate outside and the pulp of all, not using the white skin. Proceed as for lemon ice.

Mrs. Ralph.

**Strawberry Ice.**—One quart of strawberry juice, one quart of water, juice of five lemons; strain through a flannel bag. One pint of sugar. When nearly frozen add the whites of three eggs well beaten.

Mrs. Belding.

**Café Frappé.**—Take one quart of cold strong coffee, add cream and sugar as for drinking, only making much sweeter. Turn into a freezer and work slowly until slightly frozen. Serve in glasses.

Miss Ella J. Flanders.

**Grape Juice Frappé.**—Boil four cups of water and two of sugar twenty minutes, then add two cups of grape juice, one-half cup of orange juice and one-fourth of lemon. Cool, strain and freeze to a mush. Serve in glasses.

Mrs. Janet Allan.

**Cocoa Frappé.**—Mix one-half pound of cocoa with three cups of sugar and cook in one pint of water till smooth. Scald three quarts of milk with a piece of cinnamon bark and add to the cocoa. Cook ten minutes. Then add the beaten whites of two eggs mixed with a cup of sugar, and one pint of cream, whipped. Beat thoroughly. When cold flavor with vanilla and freeze. Serve in cups with whipped cream on top.

Janet McKenzie Hill.

**Vanilla Glacé.**—To two well beaten yolks of eggs add one cup of powdered sugar, beat thoroughly, flavor with one and one-half teaspoons of vanilla, add carefully one pint of cream, whipped stiff. Pour into a melon mould and pack in ice for five hours. Sufficient to serve eight people.

Mrs. Breed.

*Note.*—For mousse the cream is always whipped before mixing with other ingredients; put into a packed and chilled mould; must not be stirred. It requires more salt to freeze than ice cream.

**Biscuit Tortoni.**—Boil one coffee cup of granulated sugar and the same quantity of water together for twenty-five minutes, draw to one side of the fire and stir into the syrup the whites of three eggs beaten to a stiff froth, beat the three yolks well and add to the mixture. Place the sauce-pan in another pan of boiling water and cook for ten minutes, stirring all the time. Remove from the fire and add two dozen finely powdered macaroons (about a cup and a half) and set away to cool. When cold add two and one-half or three teaspoons of vanilla and a quart of cream well whipped. Pour into a mold, pack with ice and a good deal of salt for four hours. (Two tablespoonfuls of finely shopped almonds are very nice.)

Miss Ella J. Flanders.

**Café Mousse.**—Proceed as in recipe for Biscuit Tortoni, substituting half a pint of strong coffee for the macaroons.

**Biscuit Tortoni.**—Boil to the thread one cup of sugar and one-fourth cup of water and pour it in a fine stream on the well beaten yolks of three eggs, cook over hot water stirring constantly till the mixture coats the spoon. Remove from the fire and beat till cold, then add two teaspoons of vanilla or orange, a pint of heavy cream whipped stiff and one cup of powdered macaroons. Put into paper cases and

sprinkle over blanched and finely chopped almonds. Put a layer of paper between cases and set them in a pail or box with close fitting cover to exclude salt water and pack pail in ice and salt. Let stand about three hours.

Mrs. George Hawkins.

**Mousse.**—One pint of whipped cream, sweeten and flavor with bitter almond, add one-half pound of macaroons, color green and freeze, then pack in cups with cherries on top.

Mrs. Frank Haven.

**Grape Mousse.**—To one pint of grape juice, add one cup of orange juice, and the juice of two lemons; cook two cups of sugar and four cups of water for fifteen minutes; add the fruit juice and cool; add more sugar if necessary to make very sweet and four cups of ice water. Then freeze.

Mrs. George H. Oliver.

**Maple Mousse.**—One cup of maple sugar boiled about as you would for packing a cake; pour into this the lightly beaten yolks of two eggs; stir until cold and when ready pack for freezing and add one pint of cream, whipped very stiff. Place in mould and pack in salt and ice for three hours.

Mrs. N. M. Marshall.

**Pineapple Mousse.**—One pint can of grated pineapple, juice of one lemon, one-half box of gelatine and one quart of cream, sugar to taste, perhaps half a cup. Soak the gelatine in half a cup of cold water for fifteen minutes, add the sugar and lemon juice to the pineapple. Whip the cream, add one-half a cup of hot water to the gelatine and strain it into the pineapple. Put this in a basin and stand in a pan of cracked ice and stir till it begins to thicken. Then add carefully the whipped cream. Put the mixture in a melon mould and pack in salt and ice.

**Maple Parfait.**—Take enough good maple sugar to make one-half cup of syrup. When the syrup is cold add it to one pint of heavy cream. Stir together, chill and whip. Then put it in a mould and pack in salt and ice. Let stand three hours. Parfait may be made from any flavoring or fruit desired, the parfait taking the name of flavoring or fruit used, as strawberry, grape parfait, etc.

**Café Parfait.**—One-half pint of cream, one-half cup of sugar, one-fourth cup of clear strong coffee; mix all together, chill and whip. Put the mixture in a mould, cover with paper to prevent water getting in and pack in salt and ice. Let stand three hours without stirring. Or in place of coffee use one tablespoon of melted chocolate.

Miss Alice J. Watkins.

**Angel Ice Cream.**—Whites of two eggs beaten stiff and dry, add one-third cup of pulverized sugar, one teaspoon of vanilla and one-half teaspoon of orange extract and one pint of whipped cream. Put it in two baking powder cans, pack in very fine ice (six quarts to one pound of rock salt). Let stand at least two hours. Will serve eight people.

Mrs. John Hardy.

**Angel Parfait.**—Boil one cup of sugar and three-fourths cup of water to the thread, pour slowly on the beaten whites of three eggs and continue beating till the mixture is cold. Add a pint of cream whipped, a tablespoon of vanilla and freeze.

**Pineapple Soufflé.**—Pare and grate a pineapple, enough for a large cup. Scald, add the juice of a lemon and a generous cup of sugar. Beat yolks of three eggs till creamy, add to pineapple and mix well. Soften a tablespoon of granulated gelatine, dissolve in hot water and add to pineapple. Place mixture in a basin and put on ice. When it begins to thicken, fold in one cup of whipped cream. Put in melon mould, pack in salt and ice and let stand two hours. Canned pineapple may be used.

Mrs. George Hawkins.

**Coupe Melba.**—Line a cup or long stemmed glass with sliced peaches, fill with vanilla ice cream and pour raspberry sauce over whole. See Sauces.

**Thais Coupe.**—Put a rounding tablespoon of vanilla ice cream in a tall glass. On it put two or three slices of preserved peaches with some of the syrup. Sprinkle over some pecan nut meats cut fine. Above this pipe a well of whipped cream and in it put a teaspoon of Bar-le-duc. Serve at once.

**Coupe Suzanne.**—To the syrup from a can of apricots, add a half cup of sugar and simmer for five minutes, add apricots cut in small pieces and simmer till syrup is thick, chill; half fill glasses with vanilla ice cream, add one tablespoon of apricot, cover with ice cream and garnish with red Bar-le-duc.

**Cantaloupe Coupe.**—With a silver spoon remove the pulp from a chilled melon, half fill glasses with these pieces, sprinkle lightly with sugar and place a rounding tablespoon of ice cream above the pulp in each glass.

**Cantaloupe with Ice Cream.**—Wipe cantaloupes, cut in halves cross-wise, remove seeds and stringy portion, chill and place ice cream in center.

**Bombe Glacé.**—When ices of two colors, either sherbets or creams, are repacked in a melon or bombe mould, one as a lining and the other as a center, the ice is called bombe glacé. The finest are those with decided contrast in color between lining and filling. In filling a mould, let the chilled mould stand in a pail of ice and salt, then spread the frozen mixture to the depth of an inch upon the inside of the mould, put in center mixture, cover with the lining mixture to overflow, put paper over, cover and pack in salt and ice for one or two hours.

**Sicilian Bombe Glacé.**—Line a melon mould with Sicilian sherbet and fill with Charlotte Russe mixture. Cover and pack according to directions.

**Raspberry Bombe Glacé.**—Line a melon mould with raspberry sherbet and fill with macaroon ice cream. Cover, pack in salt and ice and let stand two hours.

**Orange Bombe Glacé.**—Line a melon mould with orange or lemon ice and fill with the following:

*Orange Cream.*—Boil two cups of sugar and one of water ten minutes and add two cups of orange juice. Add two beaten yolks of eggs to a cup of cream and cook over hot water till it thickens. Cool and add it to the orange juice with a cup of heavy cream whipped. Freeze, when nearly frozen add one-fourth cup of shredded candied orange peel. Pack as above.

Mrs. George Hawkins.

**Baked Alaska.**—Put a thin sheet of sponge cake on a board about an inch thick. On the cake place a two-quart brick of ice cream, having the cake extend about a half inch beyond the cream. Cover with a stiff meringue made of whites of six eggs and a cup of powdered sugar. Place meringue with pastry bag. Put in *hot* oven and brown quickly. Slip from the board on platter. The board, cake and meringue are poor conductors of heat and prevent the cream from melting.

Mrs. Janet Allan.

**Individual Baked Alaska.**—Cut sponge cake into pieces, large enough to take, when hollowed out, a slice of brick ice cream. The walls of the case should be a half inch thick and the full height an inch and a half. Put the cream inside, cover with piece of cake. Set the cake on a board and cover with a meringue. On the edge above the cake pipe meringue to make a well. Place in oven to brown. Remove to serving dish and fill the open space with peaches and Melba sauce.



## CAKES

**General Directions for Making Cake.**—Before beginning to mix cake have everything needed at hand and in such condition that the ingredients can be put together quickly. Measure or weigh the exact quantities; sift flour before measuring and sift again with the baking powder or cream tartar; pulverize the soda before measuring, break eggs one by one over a cup separating the whites from the yolks if desired. When fruit is used cut citron in thin strips, seed raisins and cut in pieces, wash currants and dry. Fruit to be mixed through a cake may be added to the butter and sugar creamed together without dredging with flour, or dredge lightly with flour and when cake is mixed sprinkle in between layers of cake mixture. Have the pans buttered and floured or lined with paper and the paper buttered. Look at the fire and see that the heat of the fire is right. Pastry flour is best for cakes; when bread flour is used the quantity given should be diminished by one tablespoon to each cup. Fine granulated sugar gives the best results, powdered sugar makes a close dry cake and a coarse granulated sugar a coarse-grained cake. In the following recipes a *rounding* teaspoon and tablespoon of material and a level cup, unless other wise indicated, are used.

All cakes are divided into two classes, those without butter, as sponge, and with butter, as pound and fruit cakes. To make the former (sponge) separate the eggs, beat yolks until very light and thick, add the sugar gradually, beating continuously, then the flavoring. Beat whites until stiff and add to the yolks. Then cut and fold in carefully the flour. If the cake is beaten after the addition of the flour, more or less of the air bubbles will be broken and the cake will not be as light. Sponge cakes require a moderate oven.

**To Mix Butter Cakes.**—After measuring ingredients put butter in a bowl and work with a spoon until soft and creamy, add the sugar gradually, beating constantly, then the yolks or whole eggs beaten light, the liquid, then the flour mixed with baking powder or cream tartar; or the liquid and flour may be added alternately. When yolks and whites of eggs are beaten separately whites are usually added last, as is the case when only whites are used. A cake is made fine grained by thorough beating before the whites are added. Never *stir* a cake after final beating. In filling the pans have the mixture come well to the sides and corners of the pans. Fill pans nearly two-thirds if the cake is expected to rise to the top of the pan.

The baking of cake is even *more particular* than the mixing. The heat of the oven should be moderate at first that the mixture, being evenly heated, may rise throughout. In baking cake divide the time required into quarters. During the first quarter the mixture should begin to rise, second quarter continue rising and begin to brown, third quarter continue browning, fourth quarter finish baking and shrink from the pan. Cake, with perhaps the exception of pound cake, is baked when it shrinks from the pan. All cakes are done when they make only a slight singing noise or when the surface rebounds at once on being pressed with the finger. The oven should be kept at as uniform temperature as possible. Layer and small cakes require a hotter oven than loaf cakes. Cake containing fruit should be baked in a slow oven.

**White Cake.**—Whites of eight eggs, two cups of sugar, one-half cup of butter, three-fourths of a cup of sweet milk, two and one-half cups of flour, two heaping teaspoons of baking powder; flavor to taste. See General Directions for Making Cake. Mrs. D. W. Lawrence.

**White Cake.**—One cup of granulated sugar, scant half cup of butter, a good one-third cup of sweet milk, one teaspoon of cream tartar, one-half teaspoon of soda, whites of four eggs beaten very stiff, one and one-half cups of flour. Flavor with almond carefully or one teaspoon of vanilla. Put together according to General Directions. Mrs. Breed.

**White Cake.**—One cup of sugar, one-half cup of butter beaten to a cream, to which add the unbeaten whites of four eggs, mix thoroughly and add two-thirds of a cup of sweet milk, two cups of flour, two heaping teaspoons of baking powder, one-third of a teaspoon of rose flavoring. Bake in a shallow tin. Mrs. Fred Amsden.

**White Cake.**—Cream together one-half cup of butter and one and one-half cups of sugar. Mix one teaspoon of cream tartar with one-half cup of cornstarch, add to the sugar one-half cup of milk in which is one-half teaspoon of soda, then add one and one-half cups of flour and the cornstarch, stir well, then add carefully the well beaten whites of six eggs, flavor to taste. Bake in shallow tin. Mrs. Henry Foote.

**White Cake.**—Cream together one and one-half cups of sugar and two large tablespoons of butter, add one cup of cold water and two and one-half cups of flour with which has been sifted two heaping teaspoons of baking powder. Beat all together very thoroughly, then add the whites of three eggs beaten, but not too stiff, and fold in carefully. Flavor to taste; bake in a flat tin. Mrs. E. W. Knowlton.

**Silver Cake.**—Beat one-half cup of butter to a cream; add one and one-half cups of sugar, beat again. Now add one cup of cold water and two and one-half of flour. Beat thoroughly and continuously for five minutes, and stir in two teaspoons of baking powder. Flavor with a teaspoon of vanilla or a little almond. Have ready the well-beaten whites of four eggs; fold them in carefully and bake in a shallow tin in a moderate oven.

Mrs. George Hawkins.

**Delicate Cake.**—Two cups of sugar, one-half cup of butter, one cup of sweet milk, three of flour, whites of four eggs, one teaspoon of lemon extract, one of cream-tartar, one-half teaspoon of soda; put all together and beat twenty minutes and bake in loaf in a moderate oven.

Mrs. G. W. Carr.

**White Sponge Cake.**—Two-thirds of a cup of sugar, one-half cup of flour, whites of five eggs, one teaspoon of cream tartar; sift the cream tartar and flour four or five times together. Flavor with vanilla. For directions see Angel Cake. Bake in small tin.

Mrs. Caldwell.

**Angel Cake.**—The whites of eleven eggs, one and one-half cups of granulated sugar, one cup of pastry flour, measured after being sifted four times; one teaspoon of cream tartar, one teaspoon of vanilla. Sift the flour and cream tartar together. Beat the sugar into the eggs, after beating the eggs frothy; add the seasoning and flour, stirred in lightly. Bake forty minutes in a moderate oven. Use a pan that has little legs at the top corners, so that when the pan is turned upside down on the table, after baking, a current of air will pass over and under it. Do not grease the pan.

Miss Parloa.

**Note.**—If the oven is too hot, place a tin of cold water inside to reduce the temperature.

**Sunshine Cake.**—Whites of seven and yolks of five small fresh eggs, one cup of granulated sugar, two-thirds of a cup of flour, one-third of a teaspoon of cream tartar and a pinch of salt. Sift, measure and set aside the flour and sugar, as for angel cake, beat the yolks of the eggs thoroughly, then after washing the beater, beat the whites about half; add cream tartar and beat until very, very stiff. Stir in the sugar lightly, then the beaten yolks thoroughly, one teaspoon of vanilla, fold flour in carefully and put in ungreased tube pan in the oven at once. Bake from forty to fifty minutes in a very moderate oven. After baking follow directions for Angel Cake. Mrs. Van Deusen.

**Sunshine Cake.**—Beat the yolks of four eggs until thick and light, add gradually one and a half cups of powdered sugar and beat ten

minutes longer. Stir in lightly the whites of eleven eggs, which have been beaten stiff, add one cupful of flour in which is mixed one teaspoon of cream tartar; sift both five times. Mix gently and add one teaspoon of vanilla or the grated rind of one lemon and a teaspoon of the juice. Turn into an ungreased tin and bake three-quarters of an hour or until done.

Mrs. S. T. Carpenter.

**Sponge Cake.**—Put three strictly fresh eggs and one-third teaspoon of salt in a mixing bowl, beat two minutes and add one and one-half cups of granulated sugar, beat five minutes, then add two cups of flour in which one and one-half teaspoons of baking powder have been sifted. Stir thoroughly, lastly add one-half cup of cold water with one teaspoon of vanilla or any preferred flavoring. Bake in slow oven until a golden brown, about twenty minutes. When done remove immediately from pan into a cake towel.

Mrs. W. B. Clark.

**Sponge Cake.**—Two eggs beaten hard, one cup of sugar, beat the eggs and sugar thoroughly with a beater, one cup of flour measured before sifting and then sifted twice, one half cup of boiling water, a little salt, one teaspoon of baking powder, vanilla. Moderate oven at first; bake about forty minutes in angel cake tin; cut with a cake knife.

Mrs. Sadie Thompson Sisson.

**Sponge Cake.**—One tumbler each of sugar and flour, five eggs and a pinch of salt, flavor with lemon. Beat the yolks and sugar light, add the beaten whites, then beat all fifteen minutes, stir in the flour lightly, and bake immediately.

Mrs. McVickar.

**Sponge Cake.**—The yolks of three eggs, a small cup of sugar, three tablespoons of cold water in the eggs and sugar. Beat until stiff with a Dover beater. Beat the whites to a stiff froth. One full cup of flour, beat all in carefully. One teaspoon of baking powder added to the flour and a little salt added to the eggs.

Mrs. D. W. Lawrence.

**Sponge Cake.**—Two eggs, two-thirds cup of sugar, one-third cup of cold water, one even cup of flour, one teaspoon of baking powder, a little salt, season with vanilla and almond flavoring, mixed if desired. Beat the eggs to a froth, add the sugar, then beat five minutes, stir in the flour and water lightly. Bake very slowly.

Mrs. Josephine Lawrence Porter.

**Cream Sponge Cake.**—To the yolks of four eggs add three tablespoons of cold water and beat well. One cup of sugar. Beat two minutes, add tablespoon of lemon juice. Sift one and one-half tablespoons of cornstarch and one and one-half teaspoons of baking powder and

put into a cup which is then filled with sifted flour. Add pinch of salt and beaten whites of four eggs. Bake about forty minutes.

Mrs. Litz Dustin Rust.

**Orange Sponge Cake.**—Take three eggs, a pinch of salt and beat one minute. Add one and one-half cups of sugar, beat hard five minutes, add a cup of sifted flour and beat one minute, then one-half cup orange juice. Now add another cup of flour with two teaspoons of baking powder. Fold in lightly and bake slowly in shallow tin. Grate rind of orange in boiled icing and cover cake.

Mrs. C. M. Redfield.

**Swedish Sponge Cake.**—Separate four eggs and beat the yolks very light, add one cup of sugar and beat again. Fold in the whites beaten till stiff and sift in one-half cup potato flour and one teaspoon baking powder. Flavor with vanilla and bake about twenty-five or thirty minutes in an angel food tin.

Mrs. Florence Miller Main.

**Rolled Jelly Cake.**—Four eggs, yolks and whites beaten separately, two-thirds of a cup of sugar, one and one-half teaspoons of baking powder, three teaspoons of cold water, one cup of flour. Bake rather slowly in a heavy tin or dripping pan (size 18 x 10 inches); when baked turn onto a cloth, leaving the bottom side up, and spread with jelly which has been beaten with a fork and roll the cake lengthwise while warm.

Mrs. McClary.

**Pound Cake.**—Cream together one pound each of sugar and butter, then add the beaten yolks of twelve eggs, beat the whites stiff and add to above and beat fifteen minutes, add one pound flour gradually. Bake about one hour.

Mrs. Harry Putnam.

**Mock Pound Cake.**—Cream together one cup of butter and one and three-fourths cups of sugar. When very light drop in one unbeaten egg yolk, beat hard, put in a second yolk and when well beaten, a third. When light and creamy add alternately two and a half cups of flour and one of milk; mix well and then add one half cup of flour sifted with three even teaspoons of baking powder. Fold in carefully the stiffly beaten whites of three eggs and flavor with rose. Put in bread tin and bake in moderate oven one hour.

Mrs. George Hawkins.

**Citron Cake.**—Cream one cup of sugar and one-half cup of butter, add the beaten yolks of three eggs, one-half cup of sweet milk, one and a half cups of flour in which is one even teaspoon of baking powder and beaten whites of two eggs. Add one-quarter pound of finely chopped citron. Bake in a round loaf.

Mrs. John Lincoln.



**Yellow Cake.**—Rub together one cup of sugar and one-half cup of butter, add the yolks of six eggs well-beaten, one-half cup of milk, one and one-half cups of flour with two teaspoons of baking powder. Flavor with orange and bake. Mrs. Wallace C. Short.

**Gold Cake.**—Yolks of eight eggs beaten light, one cup of sugar, one-half cup of sweet milk, three tablespoons of softened butter, one and three-fourths cups of flour, two teaspoons of baking powder. Bake in one large shallow tin. Mrs. S. T. Carpenter.

**Lightning Cake.**—Take one-quarter of a cup of melted butter and into this break two eggs and fill up the cup with milk. Into the flour sifter put a rounding cup of flour, a scant cup of sugar, a little salt and a good teaspoon of baking powder. Sift together into a mixing bowl and stir into this the teacup mixture. Flavor if desired. Beat thoroughly and bake either as a loaf or two layer cakes. Good also baked as patties for cottage pudding, or in a flat tin with any icing, whipped cream or raspberry jam. Mrs. Mary Parmelee Olney.

**Quick Cake.**—Break two eggs into a small teacup and fill up with thin, sweet cream; one tea cup of sugar, one coffee cup of flour, one teaspoon of cream tartar, one-half teaspoon of soda; measure your sugar and put in a bowl; then pour in the eggs and cream; measure the flour and sift in; then the soda and cream tartar; beat all together. Bake in loaf. Mrs. Whittelsey.

**Nut Cake.**—Two cups of sugar, one cup of butter, not too full, four whole eggs and one yolk, two-thirds of a cup of milk, three cups of flour, three even teaspoons of baking powder, two teacups of walnut meats, chopped fine. This quantity makes two loaves.

Mrs. George Hale.

**Nut Cake.**—Two cups each of sugar and butter, three cups of flour, one cup cold water, four eggs, one teaspoon soda, two of cream tartar, two cups English walnuts chopped medium fine and added last. Bake in a slow oven about three-fourths of an hour in two medium sized bread tins. Cover with a milk frosting. Mrs. Grace Webster Howard.

**One, Two, Three, Four Cake.**—One cup of butter, two of sugar, three of flour and four eggs. Cream the butter, add the sugar gradually, then the beaten yolks of the eggs, next, the flour saving one-half a cup in which to roll the raisins. Sift two teaspoons of cream tartar into the flour; one-half cup of sweet milk with one teaspoon of soda. one cup of seeded raisins and spices if desired. Add the well-beaten whites of the four eggs and bake in two bread tins. Mrs. Ford.



**Spice Cake.**—Cream together one and one-half cups of brown sugar and one cup of butter, add one-half cup of sour milk in which is dissolved one-half teaspoon of soda, and two whole eggs and one yolk well beaten, two teaspoons of cinnamon, one of cloves, a dash of nutmeg, one cup of seeded raisins, one-fourth cup of currants and two scant cups of flour. Stir all together and bake in shallow pan. The white of one egg for icing.

Mrs. Breed.

**Spice Cake.**—Stir together one and one-fourth cups of sugar, one cup of sour cream, add a teaspoon of soda dissolved in the cream, a pinch of salt, two well-beaten eggs, two teaspoons of cinnamon, two cups of chopped seeded raisins and two cups of flour. Bake in shallow tin.

Mrs. S. T. Carpenter.

**Spice Cake.**—Mix one even teaspoon of cloves and one of cinnamon with one cup of sugar, then add two yolks of eggs and stir a little, a generous half cup of butter, stir and add one cup of sour milk in which is one even teaspoon of soda and two rounded cups of sifted flour. Stir together, put in tin and bake about one hour.

*Frosting.*—To the stiffly beaten whites of two eggs add one-half cup of sugar, beat smooth and frost while cake is warm.

Mrs. Harry Putnam.

**Loaf Cake.**—Two cups of sugar, one of butter, two of sour cream or buttermilk, four and one-half of flour, two teaspoons of soda, two eggs, one small nutmeg, one cup of chopped walnuts and two of raisins. Put together according to General Directions. Frosting as preferred. Half of these quantities will make a small loaf or layer cake.

Mrs. Louise Massey Simpson.

**Clove Cake.**—Cream together one cup of butter and one of sugar, add one cup of molasses, a small dessertspoon of cloves, three well-beaten eggs and one dessertspoon of soda in one cup of sour milk. Then add three cups of flour and one cup of seeded raisins. Bake in a moderate oven.

Mrs. Albert Andrus.

**Boiled Cake.**—One cup of sugar, one-half cup of butter, scant, one cup of cold water, one-fourth cake of Baker's chocolate, one cup of seeded raisins, one teaspoon of cinnamon, one-half of cloves; let this come to a boil and cool; then add two cups of flour and one teaspoon of bicarbonate of soda mixed in the flour, a pinch of salt. Bake in loaf. This is nice to be used as a layer cake. Frost loaf cake with boiled icing.

Mrs. Frank Haven.

**Apple Sauce Cake.**—Cream together one and one-half cups of brown sugar and one-half cup of butter, add two well-beaten eggs, one teaspoon each of cloves and cinnamon, one-half nutmeg, grated, one and one-half cups of apple sauce in which one teaspoon of soda has been stirred, one cup of raisins, seeded and chopped, and two cups of flour. One square of chocolate if you wish. Bake in shallow tin.

Mrs. A. E. Andrus.

**Apple Sauce Cake.**—One-half cup of butter, one cup of sugar (light brown), one and a half cups of apple sauce, unstrained, one teaspoon of cloves, two level teaspoons of soda mixed with two cups of flour, one-half pound of currants, one pound of raisins and cup of walnut meats. Bake in slow oven in heavy tin with brown paper on bottom from one to one and a half hours.

Mrs. Frank Haven.

**Bread Cake.**—Two cups of light bread sponge, one and one-half cups of sugar, two-thirds of a cup of butter, mix and beat thoroughly; then add two well beaten eggs, one teaspoon of soda, dissolved in a little water, cinnamon and nutmeg; one cup each of flour and seeded raisins. Put in a two-quart basin, let rise and bake in a moderate oven.

Mrs. Gillett.

**Pork Cake.**—Chop one-half pound of pork very fine and pour over it one-half pint of boiling water, add one cup each of molasses and brown sugar, one well-beaten egg, one teaspoon of soda dissolved in a little water, one-half nutmeg, one-half teaspoon of cloves and one of cinnamon, one-half pound of seeded raisins and the same of currants. Add flour enough to make stiff.

Mary Goodman McGillic.

**Coffee Cake.**—One cup of coffee prepared as for the table, one cup of sugar, one of molasses, one of butter, four of flour, one egg, one coffee cup of raisins, one teaspoon of soda, two of cream tartar, three teaspoons of cinnamon, one of cloves and one of nutmeg. Bake in a shallow pan.

Mrs. W. N. Ames.

**Fruit Cake.**—One pound of brown sugar, one and one-fourth pounds of butter, one pound of flour, two and one-half pounds of raisins, the same of currants, two pounds of citron, ten eggs, one-half cup of molasses, one tablespoon of cinnamon, one of mace, one-half tablespoon of nutmeg, teaspoon of cloves, one teaspoon of soda just before going into the oven. Bake very slowly.

Mrs. Belding.

**Fruit Cake.**—One pound each of butter, flour, currants and sugar, two pounds of raisins, one tablespoon of cinnamon, one teaspoon of

cloves, one-half tumbler of molasses, soda the size of a pea, ten eggs. Put the butter and sugar together and stir to a cream; then add the molasses, then the eggs, fruit, spices, flour and soda last.

Mrs. S. T. Carpenter.

**Steamed Fruit Cake.**—Two eggs, one cup of sugar, one scant cup of butter, one-half cup of molasses. Mix all together and add one-half cup sweet milk, one teaspoon soda, two and three-fourths cups of flour, one-half teaspoon each of cloves and nutmeg, one teaspoon of cinnamon, one-half pound each of currants, raisins and citron. Add orange and lemon peel candied. Mix well. Steam three hours and let dry off in oven.

Mrs. Winifred Mullin Taylor.

**Old Fashioned Cream Cake.**—One cup each of sour cream and sugar; two eggs, two cups of flour, one-half teaspoon of soda, a pinch of salt and a little nutmeg. Bake in shallow tin. Better when eaten fresh.

Mrs. Belding.

**Cream Fruit Cake.**—One cup each of sour cream, sugar and seeded raisins chopped, two cups of flour, one teaspoon of soda, two eggs; flavor with spices. Bake in shallow tin.

Aunt Susan Andrus.

**Eggless Fruit Cake.**—Cream together one cup of brown sugar and one-half cup of butter, add one cup of thick sour milk with one teaspoon of soda, one-half teaspoon each of cinnamon and cloves, one cup of raisins, one-half cup of English walnut meats and two cups of flour. Bake in shallow pan.

Mrs. Newell Rexford.

**Martha's Eggless and Butterless Cake.**—Put into a sauce-pan the following: one cup each of dark brown sugar and water, one and one-half cups of seeded raisins, one-half cup of lard, one teaspoon of ground cinnamon, one-half teaspoon of cloves, one-fourth teaspoon of nutmeg and half teaspoon of salt. Boil the ingredients for three minutes, then cool. When cold, stir in one teaspoon soda dissolved in a little warm water, then two cups of flour sifted with one-half teaspoon baking powder. Bake in shallow tin.

Martha J. Baldwin.

**Spanish Buns.**—Two cups of sugar, one cup each of butter and sweet milk, two heaping cups of flour, four eggs, two teaspoons cream tartar, one of soda, and two tablespoons cinnamon. Bake in sheets, frost and cut in squares.

Mrs. M. C. Abbott.

**Spanish Buns.**—Cream together one cup of sugar and butter half the size of an egg, add two well-beaten eggs, three-fourths of a cup of

butter-milk with one-half teaspoon of soda, one teaspoon each of cinnamon and cream tartar, one and one-half cups of flour. Bake in a shallow tin.

Mrs. Kellas.

**Domestic Economy Cake.**—Two squares of grated chocolate, one-fourth cup of butter, one-half cup of boiling water, one cup of sugar, one of flour, three-fourths teaspoon of soda mixed with one-fourth cup of sour milk and one egg. Put together in order named.

Miss Gertrude B. Hickok.

**Velvet Cake.**—Cream together one and one-half cups of sugar and one-half cup of butter, add beaten yolks of four eggs, two ounces of grated chocolate dissolved in five tablespoons of boiling water, one-half cup of milk, one and three-fourths of flour with two teaspoons of baking powder, one teaspoon of vanilla and lastly whites of four eggs beaten stiff. Bake in moderate oven forty-five minutes. Ice with boiled frosting.

Mrs. Horrigan.

**Fudge Loaf Cake.**—Cream together one cup of sugar and two-thirds cup of butter, add one cup of milk, and stir in lightly two and one-half cups of flour in which a heaping teaspoon of baking powder has been sifted; stir in one-quarter of a cup of chocolate which has been melted by placing in hot water, one-half cup of English walnuts cut up coarsely, then three eggs, whites and yolks beaten separately. Bake in shallow tin and cover with fudge frosting to the depth of one-quarter of an inch. See Frostings.

Mrs. J. Schoolcraft.

**Chocolate Cake.**—Shave one-half a cake of Baker's chocolate, pour over it one-half a cup of boiling water and let it dissolve. Two cups of sugar, one-half cup of butter, one-half cup of thick sour milk, one-half teaspoon of soda, two teaspoons of vanilla, two eggs, two even cups of flour; put the chocolate in before the flour.

Mrs. Frank Haven.

**Chocolate and Nut Loaf Cake.**—Two and one-half cups of sugar, one cup of butter, one cup of sour milk, one teaspoon of soda, five eggs, one and one-half squares of Baker's chocolate melted, two and one-half cups of flour, one cup of English walnuts chopped, not too fine. Stir the butter and sugar, add the beaten yolks of the eggs, then the sour milk, to which the soda has been added; add the beaten whites of the eggs, mixing alternately with two and one-half cups of flour, a good pinch of salt and two teaspoons of vanilla, adding last two-thirds of a cup of nuts, using the remainder in the icing. This makes two sheets.

Mrs. O. S. Lawrence.

**One Egg Devil's Food.**—Cream together one cup of sugar and a piece of butter the size of an egg. Add one beaten egg, two squares of melted chocolate which have been put into one cup of thick sour milk, one teaspoon of soda and a pinch of salt, one and two-thirds cups of flour. This makes one loaf or two layers. Chopped walnuts may be added.

Miss Katharine L. King.

**Fudge Cake.**—Yolk of one egg, scant tablespoon of butter, one cup of sugar, one-half cup of Baker's cocoa, one cup of sour milk, one and one-half cups of flour, one teaspoon of soda, one teaspoon of vanilla, a little salt. Bake in loaf or layers.

**Filling.**—Two cups of sugar, three-fourths cup of milk, one-third cake of chocolate, butter size of an egg. Boil until it forms a soft ball when dropped in water and beat until smooth.

Mrs. Minnie Harwood Parkhurst.

**Layer Cake.**—One-half cup of butter, one and one-fourth cups of sugar, one cup of milk, two and one-half cups of flour and two teaspoons of baking powder; whites of four eggs; flavor with vanilla. Bake in three layers. See directions for making cake.

Mrs. D. W. Lawrence.

**Layer Cake.**—One and one-half cups of sugar, one-half cup of butter, one cup of milk, whites of three eggs, two heaping cups of flour, two teaspoons of baking powder, flavor to taste. Bake in three layers.

Mrs. John Lincoln.

**Layer Cake.**—One and one-half cups of sugar, one cup of milk, or water, two and one-half cups of flour, one-half cup butter, two teaspoons of baking powder and whites of two eggs. See directions for making cake.

Miss Laura Pitman.

**Quick Layer Cake.**—To three well-beaten eggs add one cup of sugar, four tablespoons of thick sweet cream, little salt, one cup of flour, one teaspoon baking powder. All beaten thoroughly together. This makes two round layers. Can be packed with peaches with whipped cream over the top for dessert.

Miss Katharine L. King.

**One Egg Cake.**—One egg, one cup each of sugar and sweet milk, two cups of flour, three tablespoons of melted butter, two teaspoons of cream tartar, one teaspoon of soda. Bake in two or three layers. Excellent with whipped cream as a filling.

Mrs. Hattie Adams Warner.

**Cocoanut Layer Cake.**—Two cups of sugar, one cup of butter, one cup of cornstarch, one cup of sweet milk, whites of four eggs, one-half

teaspoon of cream tartar, one-fourth teaspoon of soda, two cups of flour; beat the starch, cream tartar and milk together. See directions for making cake. Whites of four eggs, for frosting with cocoanut.

Mrs. M. H. Barry.

**Eggless Layer Cake.**—One-half cup of sugar, one-fourth cup of butter, one-half cup of milk, one-fourth teaspoonful of soda, one-half teaspoonful of cream tartar, one cup of flour. This makes two layers.

Mrs. John Lincoln.

**Cream Layer Cake.**—One cup of sugar, one cup of sour cream with one-fourth teaspoon of soda, two eggs, two cups of flour with two teaspoons of baking powder, flavoring. Put together with marshmallow frosting.

Mrs. Abiel Smith.

**Mocha Tart.**—Beat yolks of five eggs to a froth, add one cup of granulated sugar that has been sifted twice, mix thoroughly with the yolks; add one and a half tablespoons of Cross and Blackwell's essence of coffee. One cup of flour sifted three times and one teaspoon of baking powder; beat the whites of the eggs to a stiff froth with a quarter of a teaspoon of cream tartar and a pinch of salt. Mix and divide into three cakes and bake; put together with the following: one pint of whipped cream, one tablespoon of confectioners' sugar, one tablespoon of essence of coffee; frost the top.

Mrs. Frank Haven.

**Orange Cake.**—One and one-half cups of sugar, one-half cup of butter, three whole eggs and two yolks beaten separately. Put the grated rind and juice of one large orange in a cup and fill with water, two and one-half cups of flour, three teaspoons of baking powder; use the two whites for frosting. See directions for making cake. Bake in layers.

*Filling.*—White of two eggs beaten very stiff, one heaping cup of sugar, boiling water to dissolve. Cook until it hairs well, pour onto the eggs very slowly, beat with Dover beater constantly.

Mrs. Eleanor Markell Proctor.

**Orange Cake.**—Two cups of sugar, two cups of flour, one-half a cup of cold water, pinch of salt, a teaspoon of cream tartar, one-half teaspoon of soda, four eggs, the juice and grated rind of one large orange; beat the yolks and sugar together; dissolve the soda in the water; sift the cream tartar in the flour; add the beaten whites of two of the eggs; bake as for layer cake. For the filling put nearly a pound of sugar with the beaten whites of the other two eggs and add the juice and grated rind of another orange.

Mrs. Gilbert.



**Chocolate Layer Cake.**—To one cup of sugar add one-half cup each of melted butter and thick sour cream, stir well and add two beaten eggs and beat thoroughly. Sift one teaspoon each of soda and baking powder with two scant cups of flour and add to above mixture, also two squares of Baker's chocolate dissolved in one-half cup of boiling water. Bake in three layers and put together with the following filling.

*Filling.*—Blend together three tablespoons of flour and three of melted butter. Add one and a half cups of boiling water also one and a half cups of sugar. Stir well and add three squares of Baker's chocolate melted. Cook in double boiler until thick like custard; flavor with one and a half teaspoons of vanilla. Pack on a small chop plate so as to hold extra filling which will run from cake. When serving give some of extra filling with each service. Good for dessert.

Miss Esther H. Taylor.

**Devil's Food.**—Two cups of brown sugar, one-half cup of butter, two eggs, three level tablespoons of cocoa, one-half cup of sour milk, one-half cup of hot water, one level teaspoon of soda dissolved in the hot water, two and one-half scant cups of flour; the batter should be rather thin, add a little vanilla. Bake in three layers.

*Filling.*—Two cups of brown sugar, one-half cup of sweet cream, one-half cup of butter; cook slowly until it begins to thicken, remove from the fire and add one tablespoon of chocolate or cocoa and a little vanilla and stir until smooth.

Mrs. Breed.

**German Chocolate Cake.**—One cup of sugar, one small tablespoon of butter, two eggs, yolks and whites beaten separately, one small cup of milk, two large teaspoons of baking powder, two cups of flour. Add the following while hot:

Take one-half cake of Baker's chocolate, one-half cup of milk; one cup of sugar, yolk of one egg. Cook all together until it thickens and add it to the cake. Bake in four layers, and put together with boiled frosting. Can add one square of melted chocolate to the frosting. Flavor with vanilla.

Mrs. John King.

**Cream Sponge Cake.**—One pint of pulverized sugar, the yolks of six eggs beaten with the sugar fifteen minutes, one-half cup of cold water, beat the whites and mix with the sugar and yolks; lastly one full pint of sifted flour with two teaspoons of baking powder; stir in quickly and bake in two long pans.

*For the Filling.*—Three-fourths of a pint of sweet cream, two heap-

ing teaspoons of cornstarch; cook until it thickens; add a little salt and vanilla, sweeten to taste. When cold place between the two cakes.

*Icing.*—To the juice of one lemon add enough pulverized sugar so it will not run and ice the top of cake. Mrs. Spann.

**Washington Pie.**—Cream together one cup of sugar and a piece of butter the size of an egg, add one beaten egg, one cup of sweet milk with one teaspoon of soda, two cups of flour with two teaspoons of cream tartar. Mix well. Bake two layers for the pie, baking the remainder in patty tins. Put between the two layers the whole of the filling and sprinkle the top with powdered sugar.

*Filling.*—One pint of milk, two tablespoons of cornstarch, two eggs and one cup of sugar. Wet the cornstarch with enough milk to work it into a paste. Boil the rest of the milk; beat the eggs, add the sugar and cornstarch to this and as soon as the milk boils pour in the mixture gradually stirring all the time until smooth and thick. Drop in teaspoon of butter and when this is mixed in, set the custard aside to cool and add vanilla or lemon. Marian Harland.

**Custard Cake or Martha Washington Pie.**—Three eggs, one and a half cups of sugar, one-half cup of cold water, two cups of flour, two heaping teaspoons of baking powder. Beat eggs and sugar five minutes with Dover egg beater. Add other ingredients and beat well. Bake in three tins in a very moderate oven.

*Filling.*—One and a half cups of rich milk, one-half cup of sugar, yolks of two eggs, two scant tablespoons of cornstarch. Heat milk in double boiler, cream sugar, starch and egg yolks, add to hot milk and stir until well cooked. Flavor with lemon. Put between the layers.

*Frosting.*—Whites of two eggs beaten stiff, eight tablespoons of finest confectioners' sugar, one square chocolate melted. Cover the top and sides of cake. Flavor with vanilla. Mrs. Florence Channell Massey.

**Chocolate Cream Pie.**—Four eggs beaten separately, yolks with one cup of sugar, then add beaten whites, lastly one and one-half cups of flour sifted with three teaspoons of baking powder, a little vanilla and salt. Bake in two pie tins.

*Cream.*—One and one-half squares of Baker's chocolate grated, two tablespoons of sugar, one of hot water. Stir over fire till smooth. In a double boiler mix four tablespoons of flour, six of sugar, yolks of three eggs, a little salt and a pint of milk. Beat well and add chocolate mixture, cook till thick. Split the pies and spread cream between. Put

on top a meringue of whites of three eggs beaten with three tablespoons of sugar and a little vanilla. Place in the oven and brown.

Mrs. Fred J. Doolittle.

**Almond Torte.**—Beat together until creamy the yolks of five eggs and five tablespoons of sugar. Then add a small pinch of salt, grated rind of one lemon, juice of one-half lemon, a bit of cinnamon, one teaspoon of vanilla, one-half teaspoon of almond extract, three-eighths of a pound of grated almonds, and one tablespoon of bread crumbs. Beat whites of eggs and fold in gently. Bake in moderate oven about twenty-five minutes. Try with straw. If cake is done, straw will be a wee bit damp and look shiney. When cold cut in the middle and put jelly between or whipped cream to which sugar and vanilla have been added.

Mrs. M. Jay Slason.

**Ribbon Cake.**—Take nearly one-third of white cake batter and add to it one cup of raisins, one cup of currants, one-fourth pound of citron, cinnamon and cloves to taste, two tablespoons of molasses; bake in a layer and the rest of the batter in two layers; put the three together with jelly, having the fruit loaf in the center.

Mrs. Annie Morgan.

**Harlequin Cake.**—One cup of butter creamed, two cups of sugar, one cup of sweet milk, yolks of three eggs, three cups of pastry flour, one teaspoon of cream tartar, one-half teaspoon of soda, or three teaspoons of baking powder, whites of three eggs. Mix in the order given, then divide into four equal parts. Have two parts the color of the dough, color the third with one square of melted chocolate, color fourth part with pink coloring—one-half teaspoon of cochineal, one-half as much alum, the same of cream tartar, put it in two tablespoons of warm water, let it stand and then strain through a cloth. Bake in layer tins, place chocolate layer first, second white, third pink, fourth white, with frosting between layers.

Mrs. George Furness.

**Lord Baltimore Cake.**—Use recipe for gold cake and bake in three layers. Put together with the following filling and cover with boiled frosting.

**Filling.**—Make a boiled frosting of three cups of sugar, one of water and whites of two eggs. To this add one-half cup of rolled macaroons, one-fourth of pecan meats, chopped, one-fourth of blanched almonds, chopped, twelve candied cherries, one-fourth teaspoon orange extract and two teaspoons lemon juice.

**Lady Baltimore Cake.**—One cup of butter, two of sugar, three and one-half of flour, one of sweet milk, whites of six eggs, two level teaspoons of baking powder, one teaspoon of rose water or vanilla. Cream the butter, add the sugar gradually, beating continuously, then the milk and flavoring, next the flour into which the baking powder has been sifted, and lastly the stiffly beaten whites of eggs which should be folded lightly into the dough. Bake in three layers.

*Filling.*—Dissolve three cups of granulated sugar in one cup of boiling water. Cook until it threads, then pour it over the stiffly beaten whites of three eggs, stirring constantly. To this icing add one cup of chopped raisins and one cup of nut meats, pecans preferred, and five figs cut into very thin slices. Put this between the layers of cake and frost the top and sides. Mrs. James Shaw.

**Flake Cake.**—One-half cup each of molasses, sugar, butter and sour milk, two cups of flour, yolks of two eggs, one teaspoon each of soda and vanilla, and a scant half teaspoon of cloves. Makes three layers. Follow directions for cake. Pack with boiled frosting, made from the whites of the eggs and two cups of sugar.

Miss Jean Hawkins.

**Ginger Bread.**—One cup each of molasses, sugar, sour milk and butter, two eggs, two teaspoons of soda, two scant teaspoons of ginger, three and one-half cups of flour. To be eaten warm. Makes two sheets in biscuit tins. Mrs. Belding.

**Ginger Bread Gems.**—Blend one-fourth cup each of molasses and sugar, two tablespoons of melted butter, one egg, pinch of salt, one-half teaspoon of ginger. Add one-half cup of sour milk with one-half teaspoon of soda dissolved in it and one cup of flour. Bake in hot oven. Makes one dozen gems. Serve hot. Mrs. Ransom.

**Molasses Puffs or Ginger Bread.**—In a bowl put one cup of sour cream, one-third of a cup of sugar, two teaspoons of cinnamon, salt and one well beaten egg, stir thoroughly; dissolve one even tablespoon of soda, stir into a cup of molasses and add to the cream, then stir in two and one-half cups of flour. Bake in shallow tins and cut in squares.

One scant half cup of butter and one of sour milk can be used in place of cream. For ginger bread use one teaspoon each of cinnamon and ginger. Mrs. George Hawkins.

**Blueberry Ginger Bread.**—Cream together one-half cup of shortening and one cup of sugar; add one-half cup of molasses, one beaten egg, one-half cup of sour milk, one teaspoon of soda, one-half tablespoon of ginger and two cups of flour and lastly two cups of fresh blueberries. Bake in a shallow pan.

Mrs. M. J. Hepburn.

## FROSTINGS AND FILLINGS FOR CAKES

Care is necessary in the preparation of syrup for icings, etc. Confectioners recognize six or eight degrees in boiling sugar, but for our purposes a knowledge of three will be enough—the second degree or “thread;” the fourth or “ball;” and the sixth or “*fruit glacé*.” One cup of granulated sugar and one-half cup of water will boil to “the thread” in ten or fifteen minutes; to the “ball” in twenty minutes; and a little longer is necessary for a “*fruit glacé*.” Test by dipping the thumb and forefinger in cold water and taking a drop of syrup between them and drawing apart. If it threads the second degree is reached; when it forms a soft ball by rolling between the thumb and finger we have the fourth degree; and when the syrup dropped in cold water is brittle, the sixth degree is reached.

If a thermometer is used it will register from 215° to 217° at the “thread”, from 238° to 242° at the “ball” and 300° to 310° at the “*glacé*”.

**Boiled Frosting.**—Take two cups of granulated sugar, put in a basin and pour over just enough boiling water to dissolve; set in a kettle of water; beat the whites of three eggs a very little; put into the basin and beat until it thickens; remove from the stove and beat until cold. This is sufficient for a layer cake and a loaf.

Mrs. Frederick J. Seaver.

**Fluffy Icing.**—One cup of sugar with enough water to dissolve, boil until it waxes soft in water and add it to the whites of two well beaten eggs, then beat thoroughly.

Mrs. Fred Amsden.

**Steamed Icing.**—Boil two cups of granulated sugar and three-fourths of a cup of water until it spins a long thread and forms a hard ball when dropped into cold water. Beat the whites of four eggs stiff. Beat the boiling wax *slowly* into the whites of the eggs then place the pan containing the icing in another vessel containing boiling water. Place on stove, keep water boiling and stir the icing slowly and carefully and steam until a heavy coating forms on sides and bottom of the pan and icing is stiff enough to stand. Spread on cake with a broad knife when hot. When properly made this icing can be used in paper tubes for all floral decorations. It will remain soft indefinitely.

Mr. Sherwood P. Snyder.



**Boiled Milk Frosting.**—One cup of sugar, one-fourth cup of milk, cook until it comes to the boiling point; take from the stove and beat until white. While warm cover the cake. This makes a soft frosting.

Mrs. W. S. Lawrence.

**Confectioners' Sugar.**—Take equal parts of the white of an egg and water, beat lightly; then stir in sifted confectioners' sugar until the frosting can be spread without running. Flavor to taste.

**Cream Fondant.**—Add just enough water to cream fondant to soften to the right consistency to spread; a very little water is needed. Flavoring as desired.

Mrs. William Badger.

**Caramel.**—Boil one and one-half cups of sugar and one-half cup of water to a syrup. Caramelize one-half cup of sugar and add to above with one tablespoon of butter, and beat until cold. Chopped nuts may be added if desired.

Mrs. A. B. Waldron.

**Caramel Frosting.**—Take one-half cup of butter, scant, one cup of brown sugar and three teaspoons of milk. Boil for five minutes, then add one teaspoon of vanilla. Beat until cool and put it on the cake before it hardens.

Mrs. MacIntosh.

**Chocolate Icing.**—Break the white of one egg into a glass, add an equal measure of cold water, stir into this pulverized sugar until it is the right consistency. Three or four tablespoons of grated chocolate melted over the teakettle and stirred in with the egg and sugar. Flavor with vanilla. If a little too stiff to spread, add a few drops of boiling water.

Mrs. W. H. King.

**Fudge Frosting.**—One and one-half tablespoons of butter, one-half cup unsweetened cocoa, one and one-quarter cups of confectioners' sugar, one-third cup of milk, a few grains of salt; bring to the boiling point and boil about eight minutes, remove from fire and beat until creamy, add one-half teaspoon of vanilla and put over cake.

Mrs. J. Schoolcraft.

**Whipped Cream.**—Put nearly one pint of cold sweet cream in a bowl and beat with an egg beater until thick; then sweeten and flavor to taste. The beaten whites of two eggs may be added if there is not the amount of cream required.

**Sour Cream Nut.**—One cup of sour cream, one-half cup of sugar, one tablespoon of flour. Beat all together and cook till it thickens. When cold add one cup of chopped walnut meats.

Mrs. Wm. Tobey.

**Sour Cream Nut.**—One coffee cup each of sour cream, sugar, and English walnut meats, chopped fine; cook all together until it thickens. Spread when cool. Mrs. Breed.

**Mocha Frosting.**—To one-half cup of butter, washed if too salt, add one and a half cups of confectioners' sugar and beat till light and creamy. Then add carefully enough strong coffee or coffee essence to obtain the desired flavor. Mrs. George Hawkins.

**Trilby Frosting.**—To a boiled frosting add a cup of marshmallows cut in quarters and one-fourth cup of Maraschino cherries cut in slices. Flavor with vanilla.

**Ice Cream Filling.**—Two cups of pulverized sugar; add one-half a cup of water to dissolve the sugar, and boil to "the thread"; beat the whites of two eggs, and on these pour the sugar while hot, beating all the time; add one-half a teaspoon of lemon acid.

Mrs. Parmelee.

**Maple Sugar.**—Two coffee cups of maple sugar and one-fourth cup of water; cook to "the ball"; then pour it on the beaten white of one egg and beat hard.

Mrs. E. W. Knowlton.

*Note.*—Chopped walnuts may be added with the maple sugar if desired.

**Almond.**—Blanch one pound of almond meats; reserve sufficient whole ones for the top layer; split in two or three parts, lengthwise, the remaining ones. When the cake is baked stick the nuts into the layers one inch apart and pour over plain or boiled frosting.

Mrs. McClary.

**Butternut Filling.**—To a boiled or French fondant add nuts broken in pieces. Put large pieces of the nuts on the top layer of the cake.

Mrs. John C. Williamson.

**Walnut.**—Chop fine one-half pound of English walnut meats. Put into boiled frosting after it has cooled a little.

*Note.*—One square of Baker's chocolate, grated, makes four level tablespoons of Huyler's powdered chocolate.

**Chocolate Cream.**—Whip one and one-half cups of cream, sweeten to taste and add three tablespoons of grated chocolate.

**Chocolate.**—One and a half cups of sugar, grate one-fourth of a bar of Baker's chocolate, six tablespoons of boiling water, cook to

"the ball." Beat the whites of two eggs, on them pour the syrup while hot, beating all the time until it is thick enough to spread on the cake.  
Miss Hattie H. Webster.

**Chocolate.**—Place two blocks of chocolate, without grating, in a basin over steam; when melted stir into it the following: one egg, or yolks of two, beaten light, with nearly one cup of sugar, four tablespoons of cold milk; steam until smooth. Flavor with vanilla.

Mrs. McClary.

**Chocolate Custard.**—Yolks of five eggs, two teaspoons of grated chocolate, scant half cup of sugar, four tablespoons of milk; flavor with vanilla; put in a bowl and place in hot water until it begins to thicken.

Mrs. R. W. Cantwell.

**Chocolate Caramel.**—One cup of brown sugar, butter the size of a walnut, one-half cup of milk, one square of Baker's chocolate melted. Boil butter, sugar and milk till it will form a soft ball when dropped in water, stir in water and beat all till glossy. Flavor with vanilla.

Mrs. R. N. Porter.

**Chocolate.**—Melt two squares of chocolate and butter size of walnut in a bowl over steam. When melted add first five tablespoons of cold milk, then the white of one egg beaten stiff and thicken with pulverized sugar which has been rolled smooth. Enough for three layers.

Mrs. Agnes Haskell Seaver.

**Chocolate Filling.**—One cup of milk, one-half cup of water, one cup of sugar, one heaping tablespoon of flour stirred in the sugar with three-quarters cup of Baker's cocoa. When milk and water are hot stir in dry ingredients and cook in double boiler till thick. When cold add one teaspoon of vanilla.

Mrs. Frederick J. Seaver.

**Chocolate Cream for Patie Cake.**—For one loaf of white cake baked and left remaining in a long tin, take the white of one egg, three tablespoons of cold water, one-half teaspoon of vanilla and enough sifted confectioners' sugar to make thick enough to spread over the cake; one hour after the cake is covered spread over two squares of melted chocolate with a broad knife. If preferred use the cooked caramel covering as follows: two cups of sugar, one-half cup of sweet cream, or one-half cup of milk and butter the size of a walnut, boil together about five minutes. When done add one teaspoon of vanilla and stir to a cream. Spread on the cake and cover with chopped walnuts or melted chocolate.

Mrs. McClary.

**Lemon.**—One cup of sugar, scant one-fourth cup of butter, grated rind and juice of two lemons, yolks of four eggs, cook until it thickens, stirring all the while.

Mrs. W. H. King.

**Orange Jelly Frosting.**—Juice of two oranges and one lemon, grated rind of one orange, one tablespoon of cornstarch, one cup of cold water and sugar to taste. Cook juices, sugar and water to the boiling point. Thicken with the cornstarch made smooth with a little of the orange juice. Stir all the time; as soon as thick take from the stove, add rind, and when cool spread between layers of cake. On top layer slice oranges and sprinkle with pulverized sugar and pour over sweet cream beaten and sweetened.

Mrs. M. L. French.

**Ambrosia Filling.**—One-half pint of cream, whipped, one grated cocoanut, two eggs beaten to a froth, one cup of sugar, juice of two oranges and grated rind. Beat well together.

Mrs. D. W. Lawrence.

**Marshmallow Filling.**—Two cups of sugar, one cup of water, whites of two eggs, one-half pound of marshmallows. Heat the marshmallows in the oven or over steam, reserving a few to chop for the top. Boil the sugar and water to a syrup until it threads. While hot pour it on the stiffly beaten whites, stirring all the time. Add the melted marshmallows and beat until smooth. Flavor with vanilla. When almost cool spread on layers.

Mrs. William Breed.

**Cocoanut.**—Take the whites of four eggs; allow one cup of sugar to each egg; one pound of desiccated cocoanut, one pound either of English walnuts or blanched almonds; dissolve the sugar in a little water and boil a few minutes; have the eggs beaten; stir in the sugar; beat until light and flavor.

Miss Klohs.

**Apple.**—One large sour apple pared and grated, juice of one lemon; one cup of sugar. Stir all together and cook three minutes. Stir in the beaten white of one egg after removing the mixture from the fire. When cold, spread on layers.

**Banana.**—Pack cake with boiled frosting, and over each layer slice bananas a short time before serving. Also used with whipped cream.

Mrs. H. E. King.

**Peach.**—Cut up peaches in thin slices; prepare cream by whipping and sweetening; flavor with vanilla; put layers of peaches between the sheets of cake and pour the cream over each layer and the same on top.

Mrs. Caldwell.

Grated pineapple can be used the same as peaches.

**Strawberry.**—One cup each of strawberries and granulated sugar, white of one egg. Beat all together a long time.

Mrs. A. P. Moses.

**Fig.**—Chop very fine eight figs and one-half cup of seeded raisins; beat the white of one egg with three tablespoons of powdered sugar; stir in the figs and raisins, then add one tablespoon of grated chocolate and stir all well.

Mrs. F. White.

**Fig.**—One pound of figs chopped fine; stir in jelly or fruit juice until it will spread easily; add sugar if necessary.

Mrs. W. Crooks.

**Fig.**—Take three-fourths of a pound of figs, chop fine and put into a stew pan on the stove; pour over them two cups of water and a large cup of sugar. Cook all together until soft and smooth. When cold spread between the layers of the cake.

Mrs. Horrigan.

**Fig.**—One-half pound of figs, one cup of seeded raisins, one of water and three-fourths of a cup of sugar, juice of one-half lemon. Cook all till soft and when cool spread.

Mrs. Eleanor Markell Proctor.

**Tutti Frutti.**—One cup of sugar, one-fourth cup of water, white of one egg, one-fourth cup each of figs, cocoanut and walnut meats. Make boiled frosting of sugar, water and eggs, then add the fruit chopped fine.

Miss Alice J. Watkins.

**Date.**—One cup of sour cream, one cup of sugar, one cup of dates, stoned and cut fine. Cook together slowly until thick enough for filling.

Mrs. Newell Rexford.

**Date (or Raisin) and Nut Filling.**—One and one-fourth cups of sugar, one and one-fourth cups of milk, one cup of dates cut quite fine, one tablespoon of flour, pinch of salt, one-half cup of broken walnut meats, butter the size of a walnut. Mix sugar and flour together, add dates, butter, salt and milk. Cook together till thick enough to spread on cake. Take from fire and when nearly cool add nuts and spread. This makes a generous allowance for three layers. A quarter or half cup of sour cream with enough sweet milk added to make the cup and a quarter is a great improvement and the butter may be omitted.

Mrs. Florence Miller Main.

**Raisin.**—One cup of raisins, stoned and chopped fine; stir into boiled frosting when partly cooled.

Mrs. A. B. Keeler.

**Raisin.**—One and a half cups of raisins, one and a half cups of sweet cream, one cup of sugar, one tablespoon of butter, two scant tablespoons of cornstarch, pinch of salt, cinnamon, nutmeg, cloves, or other flavoring to taste. Boil twenty minutes, spread when cool. This may be used for pie filling with meringue on top, with cocoanut.

Mrs. W. S. Lawrence.



## SMALL CAKES AND COOKIES

**Afternoon Tea Cakes.**—Two eggs, one cup each of sugar, sour cream, and chopped raisins, one-fourth cup of citron, two cups of flour, one teaspoon cinnamon, one-half teaspoon of soda, one-fourth teaspoon cloves, pinch of salt, dash of nutmeg, ten cents worth of chopped walnut meats. Bake in small patty tins. Nellie Barry.

**White Cake.**—Whites of two eggs in a measuring cup — then melted butter to make the cup half full. Then fill cup with sweet milk. Pour this on two small cups of sifted flour and two teaspoons of baking powder, one cup of sugar, one teaspoon of flavoring and beat hard five minutes. Bake in patty pans. Mrs. Wallace C. Short.

Bake the above cake in a shallow tin, when cold cut in two-inch squares or any fancy shape and decorate.

For Washington Tea cover with white frosting and place a cherry in the center.

For St. Valentine, cut heart shape and cover with pink icing.

**Goodwins.**—Bake the above cake in small timbale molds, when cool cut out a round piece from the center of the top of each and remove some of the cake to make wells, cut marshmallows in half, let them stand a few minutes in Maraschino juice; then use with one or two cherries to fill the center, return the round taken out to cover the opening, and frost.

**Lemon Queens.**—Cream half a cup of butter and one of sugar, then add the well beaten yolks of four eggs, the grated rind of a lemon and two tablespoons of the juice. Sift together one and a fourth cups of flour and one-fourth teaspoon of soda and beat into the batter, then add whites of eggs beaten light. Bake in small tins and frost.

Mrs. Janet Allan.

**Snowballs.**—Two cups of sugar, one-half cup of butter, one cup of sweet milk, three cups of flour, three teaspoons of baking powder, whites of five eggs. Bake in deep, square tins. The following day cut in two-inch squares, taking the outside off so as to leave it all white; take each piece on a fork and frost upon all sides, and roll in freshly grated cocoanut. These may be varied by rolling in chocolate frosting prepared thickly enough to give a rough surface.

Mrs. Mary Parmelee Olney

**One Egg Cake.**—One well beaten egg, one-half cup of sugar, three tablespoons of melted butter, two-thirds of a cup of milk, one and a half cups of flour, one teaspoon of baking powder. Bake in *small* tins.

Mrs. Dan Mather.

**Date Cakes.**—One cup of dates cut fine, one cup of nuts (pecans preferred, not too fine), one cup of granulated sugar, one cup of flour, one teaspoon of baking powder, two whole eggs and whites of three. Sift dry ingredients and add to dates and nuts. Add eggs beaten to a froth. Pour into a buttered pan one-half inch thick (the dough one-half inch thick), bake *slowly*. When done cut in squares and roll in powdered sugar. The best results obtained if the batter is spread thin.

Mrs. J. Raymond Lynn.

**Coffee Cup Cakes.**—One egg, one-half cup shortening (melted), three-fourths cup of sugar, one-fourth cup of molasses, one cup of coffee, one teaspoon of soda dissolved in the coffee, one-half teaspoon of salt, three-fourths cup of raisins. To the beaten egg add sugar and salt, molasses, shortening and coffee with soda dissolved in it. Thicken with flour to make a ribbon batter and lastly add raisins floured. Bake in patty tins.

Mrs. R. M. Northup.

**Chocolate Brownies.**—Cream together one cup of sugar and one-half cup of butter (scant), then add two squares of chocolate, melted, three eggs whipped lightly, one-half cup chopped walnuts, one-half teaspoon vanilla and one-half cup of flour. Spread on buttered tins and bake in a slow oven. Cut in two-inch squares.

Miss Elizabeth Smith.

**Sponge Drops.**—Beat to a froth three eggs and one cup of sugar. Stir into this one and one-half cups of flour in which one teaspoon of cream tartar and one-half teaspoon of soda have been thoroughly mixed; flavor with lemon. Butter tins and drop by the teaspoonful two inches apart. Bake in a moderately hot oven.

Miss Esther H. Taylor.

**Lady Fingers.**—Beat the whites of three eggs until stiff and dry. Add gradually one-third of a cup of powdered sugar. Beat the yolks of two eggs until thick and lemon color. Add to the first mixture. Fold in one-third of a cup of flour mixed and sifted with one-eighth of a teaspoon of salt; flavor with one-fourth of a teaspoon of vanilla or lemon extract. Bake in lady finger tins eight or ten minutes in a moderate oven. The above will make two dozen.

Boston Cooking School.

**Strawberry Puffs.**—One-half cup of butter, one cup of water, two teacups of flour; boil water and butter together; while boiling stir in the flour. Take off, and when cool stir in five eggs and one-half teaspoon of soda; drop the batter the size of an egg into pans; bake thirty minutes; split open and put in sugared strawberries or boiled custard.

Mrs. Beman.

**Cream Puffs.**—One cup of water, small half cup of butter; let this come to a boil, then stir in slowly one cup of sifted flour. Remove from the stove, stirring until perfectly smooth. When cool beat in three eggs, one at a time, and beat the whole five minutes. In dropping on the tin by spoonfuls pile as high and roughly as possible. Bake in a steady hot oven until nicely brown. When cold open and fill with custard or whipped cream. This makes one dozen.

**Filling for Cream Puffs.**—Two eggs, two or three spoonfuls of corn starch, sugar and vanilla to taste, one quart of milk. Cook in double boiler until it thickens.

Mrs. Gertrude French Hale.

**Chocolate Eclairs.**—Make a paste as for cream puffs, drop on a pan in oblongs about four and one-half inches long and two inches apart. Bake in a rather quick oven till a delicate brown. As soon as baked, ice with chocolate icing. When cold open on the side and fill as cream puffs.

**Icing.**—Melt gradually, being careful not to scorch, four table-spoons of grated chocolate, then stir in three tablespoons of milk or cream and one of water; mix well and add a scant cup of sugar; boil about five minutes.

Mrs. Gertrude French Hale.

**Nut Cakes.**—Beat the whites of four eggs very stiff; add two cups of powdered sugar gradually. Chop one and one-half cups of nuts not too fine, add these to four heaping teaspoons of flour, stir this into the eggs and sugar. Drop one-half teaspoons of mixture on greased and lightly floured pans. Have another one-half cup of nuts, put one-half nut on top of each little cake. Bake in a moderate oven. Let the cake cool a little before removing from the pan.

Mrs. Edward Lawrence.

**Almond Macaroons.**—Blanch one-half pound of almonds; when dry pound them fine; beat the whites of three eggs to a stiff froth; add one-half pound of white sugar and the almonds; flavor with extract of bitter almond; drop small teaspoonfuls on buttered paper placed on tin; sift sugar over them and bake slowly half or three-quarters of an hour.

Mrs. R. D. Huntington.

**Cocoanut Macaroons.**—To the beaten whites of three eggs add one cup of granulated sugar and one-fourth teaspoon of cream tartar and beat very stiff. Add enough cocoanut so that the mixture will not run when dropped from a teaspoon into pans that have been greased and dusted with flour. Bake in moderate oven.

Miss Mary J. Flanagan.

**Peanut Macaroons.**—To the stiffly beaten whites of two eggs add one cup of confectioners' sugar, two tablespoons of flour, one cup of shelled peanuts put through a meat chopper. Drop with a teaspoon on buttered tins and bake in a moderate oven.

Miss Elizabeth Smith.

**Nut Cookies.**—Whites of three eggs beaten stiff, a cup of brown sugar stirred in, also one heaping teaspoon of sifted flour and last of all one cup of very finely chopped walnuts. Drop by teaspoonfuls on well buttered tins (not too many on a tin) and bake well in slow oven so as to brown evenly. Must be removed from tins while hot to avoid breaking as they crisp quickly after taking from oven.

Mrs. Maud French Englesby.

**Kisses.**—Beat the whites of four eggs to a very stiff froth; stir in half a pound of granulated sugar; flavor with rose or lemon; continue to beat until very light; spread white paper over a very thin board; drop the mixture by spoonfuls on the paper having them one inch apart; place in the oven, watching carefully until they have a golden tint; lift from the paper with a thin knife blade and stick them together at the base by twos.

Mrs. Munger.

**Kisses.**—To the beaten whites of three eggs add a quarter of a teaspoon of cream tartar and one and one-half cups of granulated sugar, a little at a time, and beat very stiff. Drop the mixture from pastry bag or paper funnel on tins that have been greased and dusted with flour. Shake over a little ground cinnamon and bake in a slow oven. Makes sixty.

Miss Mary J. Flanagan.

**Marguerites.**—Make a boiled frosting flavored with vanilla, frost square wafers, then sprinkle over with English walnuts chopped fine, frost again, place on a board or tin and set in the oven a few minutes.

Mrs. W. A. Short.

**Marguerites.**—To the stiffly beaten whites of two eggs add one cup of pulverized sugar, one cup of walnut meats cut up fine and one teaspoon of vanilla. Spread on square saltines and brown in a slow oven.

Mrs. O. H. Burritt.

**Vanities.**—Two eggs well beaten; add one-half teaspoon of salt, and flour to make a stiff dough; roll it as thin as possible, and cut in small diamonds; fry in hot lard; turn them the moment they come to the surface, and take out when the least brown; fill with jelly or sprinkle with sugar.

Mrs. R. D. Huntington.

**English Banbury Cakes.**—Make a Banbury filling as follows: One cup of seeded raisins, four figs, a piece of citron the size of an English walnut, rind and juice of one lemon and one cup of sugar. Chop the fruit and lemon rind fine, then add the juice and sugar; mix well. Make a good pastry, roll out thin and cut in rounds about four inches across. Place a small dessertspoonful of the filling upon each round; wet the edges and fold over one side of the paste and pinch the edges together. Prick the top with a fork and bake about twenty minutes. The pastry may be cut into diamond shape and the filling put on one piece and covered with another, having moistened the edges.

Mrs. George Hawkins.

**Cookies.**—One cup of butter, one of sugar, two eggs, six table-spoons of sweet milk, one teaspoon of cream tartar and one-half of soda. Flour to roll very soft; cut in shape and bake in moderate oven.

Aunt Susan Andrus.

**Cookies.**—One cup of sugar, one cup of sour cream, one teaspoon of soda, a little salt. Flavor with nutmeg and essence of lemon. Flour to mix very soft. If the cream is not very rich add a piece of butter. Roll and cut in any shape desired. Bake in a medium oven. Add caraway if you choose.

Mrs. S. A. Beman.

**Cream Cookies.**—Two eggs, one cup of sugar, one-half cup of butter, one cup of sour cream, one-half teaspoon of soda; spice to taste; beat well; mix soft with flour.

Mrs. Croff.

**Sour Cream Cookies.**—One cup of sugar, one egg, one cup of sour cream, one teaspoon of soda, a little salt. Make stiff enough with flour to drop from the spoon and bake without rolling out. Flavor with lemon and vanilla or nutmeg. Bake in moderate oven.

Mrs. Maggie Binan Hutchins.

**Sour Cream Cookies.**—Cream one-half cup of sugar and butter half the size of an egg, add one well beaten egg, stir well. Put one-half teaspoon of soda in half cup of sour cream and add to the above, also a little salt and flavoring to taste. Sift two rounding teaspoons of baking powder in a cup of flour, add this and enough more flour to

make a soft dough. Roll out, cut in shape and bake in moderate oven. This makes fifteen cookies. Mrs. W. H. Ames.

**Maple Sugar Cookies.**—One cup of sour cream, one and one-half cups of maple sugar, one egg, one teaspoon of soda, one-half teaspoon of cinnamon; flour to roll soft; bake in a quick oven.

Mrs. R. W. Cantwell.

**Cookies.**—One cup of butter, two cups of sugar, three eggs, one teaspoon of baking powder, one tablespoon of lemon, one-half cup of milk, enough flour to make a soft dough; roll, sprinkle with desiccated coconut and fine sugar. Cut out, and bake in moderate oven.

Mrs. O. L. Ballard.

**Ammonia Cookies.**—One quart of sifted flour; mix in one cup of butter and one cup of sugar. Break in three eggs (do not beat), dissolve in one-half cup of sweet milk one-half ounce of ammonia; mix all together; flour enough to roll thin and bake in a quick oven.

Mrs. Kellas.

**Jelly Cookies.**—Cream together one cup of sugar and one-half cup of butter; add one well beaten egg, pinch of salt, four tablespoons of milk in which has been dissolved one-half teaspoon of soda, two large cups of flour in which is sifted one teaspoon of cream tartar, one teaspoon of vanilla. Mix all together; roll thin, cut with round cutter having one-half with holes in center for the top of cookie, spread the whole cookies with jelly and place the top on this and bake in moderate oven. They will bake together so they will look like one cooky.

Mrs. Newell Rexford.

**Small Souvaroff.**—Beat half a cup of butter to a cream, gradually beat in one-fourth cup of sugar, then the beaten yolk of one egg, grating of orange or lemon rind and about one cup of flour (no baking powder or soda). Knead the dough slightly and roll into thin sheet (a magic cover is helpful). Cut into small ovals, lift with spatula to a buttered baking sheet and bake to a pale amber. Put two cakes together with fruit jelly, frost and decorate with half a cherry and two leaves cut from angelica or citron. Flavor frosting to taste.

American Cookery.

**Jumbles.**—One egg, one cup of sugar, one cup of butter, two teaspoons of sweet milk, one-half teaspoon of cream tartar, one-quarter teaspoon of soda. Mix with flour enough to roll. Cut round with a hole in the middle; sprinkle with sugar before baking.

Miss Amelia Greeno.



**Wafer Jumbles.**—Cream a half cup of butter and three-fourths cup of sugar, add one well beaten egg, cup and a half of pastry flour and a little vanilla. Pipe the mixture on buttered tins in the shape of letter S. Bake in moderately quick oven.

**Peanut Jumbles.**—Cream together two cups of sugar and two cups of butter, add three well beaten eggs, one-half teaspoon of soda dissolved in four tablespoons of sweet milk and six cups of flour. One and a half quarts of peanuts, shell, remove brown skin, chop fine and add to the above. Roll thin, cut with a jumble cutter and bake in a quick oven.

Mrs. Frank Haven.

**Nut Jumbles.**—One-half cup of butter, one cup of sugar, one egg, one teaspoon of baking powder, two cups of flour, a pinch of salt, three-fourths cup of walnut meats coarsely chopped, about one-third cup of milk. Beat together the butter and sugar, add the egg well beaten, then the flour, salt and baking powder sifted together, adding the milk gradually so as to prevent the mixture becoming too dry. Mix the nuts well in and drop in spoonfuls some distance apart. Bake in a quick oven about ten minutes.

Miss Katharine L. King.

**Nut Wafers.**—Two eggs beaten, one cup of brown sugar, pinch of salt, one cup of chopped walnut meats, three even tablespoons of flour, one-fourth teaspoon of baking powder and one-half teaspoon of vanilla. Mix all together and drop in spoonfuls in biscuit tins. Bake five minutes in a hot oven.

Mrs. Lucy King Allen.

**Sand Tarts.**—Cream one cup of butter, add one and a half cups of sugar, two well beaten eggs, one-half teaspoon of soda dissolved in four teaspoons of sweet milk and enough flour to make stiff. Roll out thin, cut with a round cutter, sprinkle top with granulated sugar and bake.

Miss Carrie B. Stevens.

**Shrewsbury Cakes.**—Rub one cup of butter into one quart of flour, stir in two cups of sugar and two tablespoons of powdered cinnamon, add three well beaten eggs. Roll thin, cut into cookies and bake in a quick oven.

Miss Bacon.

**Fruit Cookies for Afternoon Teas.**—Cream two-thirds cup of butter and one cup of sugar, add two well beaten eggs, two cups of flour, one teaspoon of soda, dissolved in very little hot water, one teaspoon cloves, one teaspoon cinnamon, one cup of raisins cut fine, one cup of walnut or pecan meats cut fine, and one-half citron cut fine. Drop

from teaspoon on well buttered pans far enough apart so that they do not touch when done. Add a tiny piece of citron or whole nut on top of each cooky. Miss Channell.

**Fruit Cookies.**—Blend one cup of sugar, one-half cup of butter, one-half teaspoon of cinnamon and one-third teaspoon of cloves. Add the beaten yolks of two eggs, then four tablespoons of sour milk, with one even teaspoon of soda dissolved in it and three tablespoons of strong coffee and one cup of flour, one large cup of English walnut meats and one large cup of raisins, chopped. Add the beaten whites of two eggs and two cups of flour; stir well and drop from teaspoon into greased pans having space between. Bake brown in a hot oven. Makes about four dozen. Mrs. Ransom.

**Fruit Drops.**—One egg, one-half cup each of molasses, sugar and sour cream, one teaspoon each of vanilla and cinnamon, one-half teaspoon each of cloves and salt, two cups of flour, one-half cup of raisins, one teaspoon of soda dissolved in a little cold water and added the last thing. Drop in small spoonfuls on greased pan and bake in a quick oven. Makes three dozen.

Mrs. Gertrude French Hale.

**Rocks.**—Cream one cup of butter and one and a half cups of brown sugar, add two tablespoons of molasses, one teaspoon of cinnamon, three well beaten eggs, one teaspoon of soda dissolved in a little water, two cups of flour, one cup each of walnut meats and seeded raisins; mix well and drop with teaspoon on buttered tins.

Mrs. Annie Parmelee Channell.

**Hermits.**—One and one-half cups of sugar, one cup of butter, two eggs, one cup of currants or chopped raisins, one teaspoon of soda in one-fourth cup of sweet milk, one-half teaspoon each of cloves, cinnamon and nutmeg. Put in flour as for cookies; roll thin; sprinkle with sugar before baking. Mrs. McClary.

**Shingles.**—Cream together one-half cup of butter and three-fourths cup of sugar, add one well beaten egg, pinch of salt, one-half teaspoon ginger, flavoring to taste and three tablespoons sour milk in which is one-half teaspoon soda. Flour to roll thin. Roll in sheet, mark lengthwise with tines of a fork, cut in oblong strips and bake in quick oven.

Mrs. Gertrude Skinner Washburn.

**Chocolate Cookies.**—Cream one and a half cups of granulated sugar and one-fourth cup of butter, three-fourths cup of lard, two

well beaten eggs, one cup of molasses, one-half cup of cocoa, one teaspoon each of cloves, cinnamon and allspice, two teaspoons of soda dissolved in three tablespoons of cold water. Flour to roll out; shape with cutter and bake. When cold frost with an icing made of water and confectioners' sugar. Mrs. Frederick J. Seaver.

**Graham Cookies.**—One egg, one cup of sour milk, one-half cup of butter, one cup of sugar, one-half teaspoon of soda; make quite thick with Graham flour and drop on tins. Bake in medium oven.

Mrs. C. A. Wood.

**Graham Crackers.**—Blend three-fourths cup of sugar, one-fourth cup each of butter and lard. Stir in the beaten white of one egg, add four tablespoons of water, with one even teaspoon of soda dissolved in it. Mix stiff with unsifted Graham flour, roll thin. Bake in a medium oven.

Mrs. Ransom.

**Mysteries.**—Two eggs, one cup of sugar, one-half teaspoon of salt, butter the size of an egg, one and one-half teaspoons of vanilla, two teaspoons of baking powder, two and one-half cups of oatmeal. Beat eggs light, add sugar, salt, butter, vanilla, then oatmeal and baking powder. Drop large teaspoons of dough into a well buttered tin quite a distance apart. Bake in slow oven till rich brown. Take carefully out of tin while hot.

Mrs. Vilas.

**Oatmeal Cookies.**—Two eggs well beaten, two cups of granulated sugar, three-fourths of a cup of butter; after measuring melt, and add to eggs and sugar, two-thirds of a cup of milk, one teaspoon of soda, salt, one teaspoon cinnamon, one cup of seeded raisins, chopped, three cups of oatmeal, two and one-half cups of flour, or perhaps nearer three, to make stiff enough to drop from spoon on a well buttered tin.

Mrs. Gertrude Spaun Lynn.

**Killiecrankies.**—Two cups rolled oats, one tablespoon melted butter, one cup of sugar, pinch of salt, two eggs. Drop from spoon on greased pans and bake. Can be varied by adding nuts, raisins, or cocoanut.

Mrs. Allan McDonald.

**Rolled Oats Date Cookies.**—One-half cup of butter, or butter and lard, one-half cup each of brown sugar and milk, three-fourths cup of rolled oats, one and a half level teaspoons of baking powder and enough flour to roll out. Roll in a sheet about a fourth inch thick and spread one-half with the filling and place the other half on top. Bake well

in a moderately hot oven and cut in one and a half inch squares, or dough may be cut in small shapes and filling put between.

*Filling*.—Stone one package of dates, add one cup each of sugar and water and cook to a paste. Use when cold. Miss McDonald.

*Date Bars*.—Use any good recipe for cookies, roll dough thin and cut in long narrow cakes. Fill a baking pan with shapes, spread each not quite to the edge with the above date paste, brush edges with cold water and set a second shape above it, pressing the two close together on the edges. Brush over with beaten white of egg and dredge with sugar. Bake well.

*Fig Bars*.—Make like above using figs for the paste.

*Ginger Cookies*.—Three cups of New Orleans molasses, eight tablespoons of butter, two tablespoons of boiling water, two tablespoons of soda, one tablespoon of ginger, one tablespoon of alum; dissolve the alum in boiling water; mix soft with flour, roll out and shape; bake in quick oven. Mrs. Wells S. Dickinson.

*Ginger Cookies*.—One cup of shortening and one cup of sugar creamed, two eggs, one cup of New Orleans molasses, three teaspoons of ginger, three level teaspoons of soda, one-half cup of sweet milk, flour to mix soft. Mrs. Frederick J. Seaver.

*Soft Ginger Cookies*.—Three-fourths cup of molasses, one cup of sour milk, one-half cup of sugar, one heaping cup of butter and lard mixed, two teaspoons of soda, one teaspoon of ginger; put the molasses and milk together; stir in the soda, then add the butter, ginger, etc. Flour to mix very soft; roll half an inch thick and cut in square pieces. Mrs. McVickar.

*Soft Ginger Cookies*.—Two-thirds of a cup of butter and the same of New Orleans molasses, one and one-fourth cups of sugar, one cup of thick sour milk, two teaspoons of soda, one and one-half of ginger. Flour to make very soft. Mrs. W. H. King.

*Soft Ginger Cookies*.—Put two cups of New Orleans molasses in a bowl; add one teaspoon of salt, two of ginger, cinnamon and cloves to taste; stir well. Take two cups—in one put one-third of a teaspoon of pulverized alum and in the other four level teaspoons of soda. Stir into the molasses sixteen tablespoons of melted shortening. Put six tablespoons of hot water in the cup with alum and the same with the soda; when dissolved stir the alum into the molasses; have the flour ready in a sifter, then add the soda to the

molasses and while foaming stir in flour enough to make a thick dough. Put the bowl with dough in the refrigerator. When you wish fresh ginger cookies, take enough of the dough to make a tin full, roll out and bake. This dough may be kept for a week or more.

Mrs. H. C. Putnam.

**Drop Ginger Cookies.**—Rub together one-half cup of sugar and one-half cup of lard and butter, add one-half cup of molasses, one well beaten egg, one teaspoon of ginger, one-fourth teaspoon of cinnamon, one teaspoon of soda in one-half cup of sour milk, two cups of flour. Stir all well and drop by spoonfuls on buttered tins.

Mrs. M. J. Hepburn.

**Ginger Snaps.**—One cup each of sugar and molasses, one-half cup each of butter and lard, one tablespoon each of ginger, vinegar and alum, two tablespoons of water; boil ten minutes; put in one tablespoon of soda after boiling; mix enough flour, while warm, to roll stiff. Roll very thin and bake.

Mrs. Durkee.

**Ginger Snaps.**—Two well beaten eggs, one cup of sugar, one cup of lard and butter, one cup of molasses, one tablespoon each of soda and vinegar, one teaspoon of ginger. Flour to make stiff and roll as thin as possible. Bake in a moderate oven.

Maggie Binan Hutchins.

**Ginger Wafers.**—One-half cup each of butter, sugar and molasses, one heaping teaspoon of ginger, a little salt. Let this come to a boil. Take from the fire and immediately add one teaspoon of soda dissolved in a little water; while foaming add flour to make very stiff. Roll thin as paper.

Miss Carrie B. Stevens.

**Molasses Cookies.**—One cup each of butter and sugar, creamed, two eggs, one cup of molasses, one tablespoon of vinegar, two of water, one of cinnamon, one teaspoon of ginger, one tablespoon of soda, flour to mix soft.

Mrs. Henry Miller.

## COOKED FRUIT FOR IMMEDIATE USE

**Baked Apples.**—Select firm, medium sized red apples, remove the cores, place in baking tin, fill the center of each apple with granulated sugar, sprinkling a generous half cup of sugar over all the apples; add water to partly fill the tin. Bake on top of the stove slowly until nearly cooked, then place in oven till done. If more syrup is desired, remove apples, add a little water and sugar and cook until thick and pour over apples. A clove or two inserted in each apple before baking improves the flavor.

Mrs. Belding.

**Apple Sauce.**—Pare, quarter and core tart apples, put in saucepan with a little water then cover and cook until tender, adding sugar to taste just before removing from range. If desired the apple sauce can be strained.

**Baked Apple Sauce.**—One cup of sugar and one quart of apples pared and cut in quarters. Bake in a covered stone jar or kettle in the oven one and one-half or two hours.

Mrs. McClary.

**Sweet Apples.**—Core and place apples in a flat bottomed granite dish. Pour in water to a depth of half the apple, cover and simmer till apples are about half cooked, then fill cores with sugar and sprinkle sugar over the apples—use a large cup of sugar. When cooked remove to dish and pour over syrup.

Mrs. John Lincoln.

**Steamed Apples.**—Core apples and place in granite pan, fill centers with sugar and sprinkle over a cup or more of sugar according to the number of apples. Put in a coffee cup of water and simmer *slowly* till they can be pierced with a fork—do not cook too soft. Lift the apples out on a platter. If the juice is not thick boil down and pour over apples. If not enough of syrup add more sugar and water.

**Orange Compote.**—Take four oranges and from two peel a thin strip an inch wide around the oranges. Cut this with scissors in long narrow threads. Then peel and remove the pulp in sections from all the oranges. Put oranges and peel in earthen dish and pour over them a hot heavy syrup made of two cups of sugar and one of water. Cover closely to keep in heat. Serve when cold.

**Baked Rhubarb.**—Slice three cups of unpeeled rhubarb in a baking dish, sprinkle over it one large cup of sugar and bake until soft in a slow oven. This makes a nice sauce.



**Rhubarb and Orange.**—Cut enough rhubarb in small pieces to make a generous quart, add two cups of sugar, the pulp and juice of two large or three small oranges, a part of the yellow peel pared off thin and cut in threads with scissors and a fourth cup of water. Put in a casserole and stir well to mix sugar and fruit. Place dish covered in oven and bake till tender, uncover and cook till edges begin to yellow. Can be cooked to a heavier syrup and sealed in glasses.

Mrs. George Hawkins.

**Rhubarb and Bananas.**—Cut six stalks of rhubarb in small pieces. Cover well with sugar, a little water, and put on stove and heat until sugar is dissolved, then add three bananas peeled and cut in two pieces. Cook slowly and when done cut the banana into small pieces.

Mrs. Lizzie McClary Crowley.

**Dried Apples.**—Take the amount of apples desired, wash thoroughly, put in earthen dish, add sufficient water to keep them well covered and soak over night. In the morning place on stove in same water and simmer until tender. Sweeten to taste. Sugar added a while before done.

**Peaches.**—Wash well, drain and cover with water, let soak over night and simmer till tender in same water.

**Apricots.**—Prepare and cook the same as peaches.

**Prunes.**—Wash well and soak in plenty of water over night. Put in sauce-pan in same water and let just simmer for several hours. If slowly cooked they will need no sugar as the sweetness is brought out in this slow process. Serve individually four or five prunes with one slice of orange on top, for breakfast.

**Steeped Peaches.**—Wash evaporated peaches well in warm water. Sterilize by covering with boiling water, let remain three minutes. Then drain and add cold water. The quick variation in temperature will destroy all germ life that may be present. Place fruit in earthen jar, cover with water and soak from eighteen to twenty-four hours. Unless the fruit was green when picked, it will be tender, plump, bright and of good flavor at the end of twenty-four hours.

Mr. Sherwood P. Snyder.

**Steeped Prunes.**—Prepare as above.

## PRESERVES, JELLIES AND CANNING

**Strawberry Preserves.**—Take in the proportion of one pound of sugar to one quart of berries, put the sugar on the berries and let stand over night. In the morning put them on the stove and cook until the berries are cooked through. Skim out the berries, put into jars, have the jars a little more than half full, cook the syrup until it will almost jelly when cold (try in a saucer), add to the berries; put the jars on their side to let the berries thoroughly mix with the syrup.

Mrs. Ralph.

**Strawberry or Raspberry Jam.**—For each pound of fruit allow a pound of sugar. Mash the fruit in the kettle. Boil hard for fifteen minutes; then add the sugar and boil five minutes. Put in glasses.

Mrs. W. H. King.

**Strawberry Sunshine.**—Place one quart of strawberries in a saucepan and sprinkle over one quart of sugar. Put over a very slow fire and as juice forms slip a spoon under very carefully so as not to break the berries. When it comes to a boil let boil very rapidly for fifteen minutes; then pour out on platter and stand in sun for three days. Put in glasses and seal. Make when the berries first come.

Mrs. M. J. Hepburn.

**Strawberry Jelly Preserves.**—Use firm, perfect, slightly underripe fruit. Lay aside about half, and press the juice from the rest. Strain, and to each pint of juice allow one pound of sugar. Weigh the berries, put aside and add to them the same weight of sugar. Boil the juice about twenty minutes, add the sugar, which should be heated in the oven, and boil fifteen minutes longer. Add the mixed fruit and sugar to the jelly and simmer a few minutes longer. Seal when cold.

Table Talk.

**Cold Raspberry Jam.**—Put the berries in an earthen dish and jam with a wire potato masher; add one pound of sugar for each of fruit; stir thoroughly, and put into cold cans immediately; seal tight.

Mrs. McClary.

**Gooseberry Jam.**—Put the gooseberries into a porcelain lined kettle, put over a moderate fire until thoroughly heated, then add an equal weight of sugar and cook till thick. Gooseberries and strawberries in equal weight make a delicious jam, or gooseberries with raspberries.

Mrs. McClary.

**Gooseberries or Currants, Canned.**—Four pounds of fruit, three of sugar, one pint of water; cook until they commence to break. Seal while hot. This quantity will fill four pint cans.

Mrs. George Sabin.

**Cold Strawberries.**—Pick over firm, fresh berries, rinse and drain well. To three cups of berries take two of sugar and place in earthen bowl, mix well and put into refrigerator until morning. Then stir well and carefully; put into cold cans, press out the air with silver knife (it will take a long while), seal. Wipe off the cans and cover with three thicknesses of paper so no light will touch the fruit. Keep in a cool cellar.

Mrs. McClary.

**Currants, Cold.**—To one pound of fruit allow one of sugar. Mash the currants, stir in the sugar thoroughly and let stand over night; in the morning put into cold glass cans, fill to overflowing, put on the rubbers and seal.

**Cherries.**—Allow three-fourths, or one pound, of sugar to each pound of cherries. Make a syrup of one-half pint of water to three pounds of sugar. Pit the cherries and cook in the syrup a few moments, then skim them out and fill the heated jars half full with the cherries. Let the syrup boil a few minutes, thoroughly skim and while hot fill the jars and seal.

Mrs. McClary.

**Preserved Peaches.**—Pare the peaches. For every pound of fruit take three-fourths of a pound of sugar. Make a syrup with one cup of water to each pound of sugar; boil and skim. Add the peaches and cook until they look clear and transparent. Fill the cans at once. Preserved peaches are much better left whole, especially if the flavor of the pits is liked.

Mrs. George Hawkins.

**Pineapple.**—Grate, chop or grind the pineapples fine. For each pound of fruit add three-fourths of a pound of sugar. Boil ten minutes and then can. This is nice for sherbet or punch.

Mrs. McClary.

**Quinces.**—Pare, quarter and core the fruit, taking out the hard place around the core; boil in clear water, or steam, until tender. For one pound of fruit allow three-fourths of a pound of sugar, and one pint of water for three pounds of sugar; when the syrup is boiling hot put in the fruit, and cook very slowly; equally good with part sweet apples. Seal in glass jars.

**Grape Preserves.**—Press the pulp from the skins; put the pulp in a preserving kettle and boil it a few moments, then strain through a colander to separate the seeds—add the pulp to the skins and weigh; allow three-fourths of a pound of sugar to one pound of fruit. Cook slowly from one-half to three-fourths of an hour. Put in jars.

Mrs. George Hawkins.

**Preserved Plums.**—Preserve plums the same as peaches. Remove the skin from them or not; if left on it is likely to crack open and come off if boiled too long. To prevent this, in a measure, prick the plums in several places with a fork before cooking.

Mrs. Belding.

**Preserved Pears.**—To one pound of fruit allow one-half pound of sugar, three-fourths cup of cold water. Let simmer slowly, say several hours, until a golden brown, after which put in glass jars.

Mrs. George Hawkins.

**Ginger Pears.**—Eight pounds of pears, pared and cut in quarters, eight pounds of sugar, one-fourth pound of green or white (dry) ginger root, juice of four lemons and the yellow rind pared thin and cut into long strips and one tumbler of water. Put all together and boil till the fruit is a rich amber color, cooking slowly at first to melt sugar.

Mrs. Harron.

**Chipped Pears.**—Eight pounds of pared pears *sliced very thin*, eight pounds of sugar, one-fourth pound of preserved ginger cut into small pieces, juice of three lemons, the yellow rind pared thin and cut in tiny bits and one pint of water. Boil slowly till thick. Place in glasses.

**Pumpkin Chips.**—Pare and slice a good rich pumpkin, cut pieces into thin slices about twice as long as wide. Allow to each pound of pumpkin one pound of sugar, one gill of lemon juice and the grated rind of a lemon. Sprinkle over the pumpkin about half of the sugar; add lemon juice, cover and let stand over night. Next day add the rest of the sugar, put over the fire and boil slowly until chips are transparent. Take out pumpkin and spread on dishes to cool; cook down syrup, being careful not to burn. Put pumpkin when cold into jars and pour over boiling syrup and seal.

Aunt Olive Wilson.

**Preserved Apples and Ginger.**—Four pounds of chopped and pared sour apples, the same amount of sugar, two lemons and one-half ounce ginger root. Chop lemons fine omitting seeds and grate the ginger root. Preserved ginger may be used. Put all together and cook till apples are clear. Place in jars and seal when cold.

**Currant Sauce.**—Five pounds of sugar, five pints of currant juice, two pounds of raisins, juice and pulp of four oranges, and chopped rind of two oranges. Boil twenty minutes. I cut the peel very fine instead of chopping.

Mrs. Frank Haven.

**Currants and Fruit.**—Three pounds each of currants and sugar, two oranges and three-fourths pound of seeded raisins. Remove seeds and put oranges through meat chopper, add to them one and a half cups of water and let stand over night, then cook till peel is transparent, add sugar, raisins chopped fine and currants. Cook till thick and put in glasses. Good with meat.

Mrs. George Hawkins.

**Bar-le-Duc.**—Make a syrup of two pints of sugar to one of cold water, boil five minutes. Measure the syrup, put in kettle over the fire and when boiling add to it equal measure of strained red or white currant juice. When this jellies, add seeded garden currants which have been carefully opened with fine sharp wooden blade or quill. Add to one pint of the syrup, one pint of the currants, and so on. Let boil up once and remove; pour into jars and set, uncovered, in a dark, dry, cool place for five or six days, then seal.

**Cherry Conserve.**—Four pounds each of cherries and granulated sugar. One-fourth pound each of English walnut meats and blanched almonds. Two lemons sliced very thin, the grated peel of one. Cook cherries and sugar one and one-half hours. Add the remaining ingredients and cook one-half hour.

Miss Ellen Van Cleef.

**Grape Conserve.**—Wash and stem Concord grapes, cook till soft, then drain through jelly bag. To every three pints of juice add the pulp and finely chopped rind of three oranges and three-fourths pound of seeded raisins. Boil this about one-half hour. Add three pounds of sugar and boil from six to ten minutes or till it jellies.

**Rhubarb Conserve.**—Six pounds each of sugar and rhubarb, one-half pound of pecan or walnut meats, chopped fine, three oranges, both pulp and rind, juice of three lemons. Boil all slowly until quite thick excepting nut meats, which are added upon removing from the fire.

Mrs. Alice Shepard Fuller.

**Cherry Conserve.**—Three pounds of raspberries, four of cherries and four and a half of sugar. Put cherries in a little water and cook till stones separate from pulp. Press through colander to remove stones, then put fruit and sugar over fire and cook twenty-five minutes or till thick.

Mrs. Dan Mather.

**Peach Conserve.**—To four pounds of peaches pared and stoned, add a chopped pineapple, the grated rind and pulp of one orange and lemon. Leave a few pits in peaches and cook to get flavor, remove pits and add the other fruit and cook till soft. To each pint of fruit add one of sugar and cook till thick, stirring often. Put in glasses or cans.

One-half pound of blanched and chopped almonds may be added or one-half pound of seedless raisins. Mrs. George Hawkins.

**Fruit Conserve.**—Six large peaches, four large plums (blue), two pears, one-half pound of white grapes. Pare peaches, pears and plums and cut in pieces, seed grapes and cut in halves. Cook all together with an equal weight of sugar till thick. Seal in cans.

Mrs. Janet Allan.

**Pineapple and Strawberry Conserve.**—Use equal parts of pineapple, strawberries and sugar. Cut the pineapple quite fine. Cook on the back of stove one hour or till quite thick.

Mrs. H. H. Hickok.

**Plum Conserve.**—Four pounds of plums, after pitting, two and one-half pounds of sugar, three oranges, and nut meats. Boil till thick and add nut meats just before removing from the fire.

Mrs. Anna Bristow Kellas.

**Pear Conserve.**—Three pounds of pears, three of peaches, one of English walnut meats, one of raisins, six of sugar, four oranges (rind of two) and three lemons. Peel and cut pears and peaches into small chunks, add sugar and let stand over night. Pour off juice and cook till a little thick, then add nut meats, oranges, lemons, raisins that have been run through the food chopper and then add the pears and peaches. Cook until thick.

Miss Ellen Van Cleef.

**Orange Marmalade.**—Two oranges, two lemons, sliced very thin, and one quart and small pint of water to every pint of fruit. Let stand twenty hours. Cook one hour and then let cool. This makes about two and a half quarts of mixture; add two quarts of sugar and boil one hour.

Mrs. Mabel Lawrence Lincoln.

**Orange Marmalade.**—Take thin skinned oranges, take out the pulp with a teaspoon and add it to the peel chopped very fine. A pound of sugar to each orange, a quart of water to every two oranges, one lemon added to every four oranges. Put the water on after the fruit is chopped and let it stand thirty-six hours. Then put on the stove and let boil (not too hard) an hour, then add the sugar and cook until



the juice begins to jelly when tried on a cold saucer. If the oranges are sweet do not hesitate to use more lemons. Mrs. E. W. Knowlton.

**Orange Marmalade.**—Two bitter oranges (Seville), two sweet oranges, two lemons. Slice the fruit very thin, add three pounds of water to each pound of fruit. Let stand (in earthen or porcelain ware) twenty hours. Boil one hour (uncovered). Let cool, then weigh the mixture and to each pound add three-fourths of a quart of sugar. Boil one hour, then pour into glasses. Fills about twelve. Mrs. Ransom.

**Grape Fruit Marmalade.**—One grape fruit, one orange and one lemon. Take out seeds and put all through a food chopper, then add three times the amount of water and let stand over night. Next morning boil ten minutes and let all stand over night, then add one pint of sugar to each pint of fruit and cook from two and three-fourths to three hours. This will make about twenty glasses.

Mrs. Frederick J. Seaver.

**Grape Fruit Marmalade.**—One grape fruit, one orange, one lemon. *Shave* as thin as possible, rejecting only the seeds and center membrane. Measure, and to each pound of fruit, add one quart of cold water. Let stand twenty-four hours. Boil twenty minutes, let stand twenty-four hours. Measure and to each pint of fruit use a pound of sugar. Boil fruit *ten* minutes, add sugar *hot*. Boil from thirty to forty-five minutes, watching closely not to pass the jelling point. Test as you would apple jelly.

Mrs. Florence Channell Massey.

**Orange Jelly Marmalade.**—Remove yellow peel from six large perfect naval oranges and from three fine crisp lemons. Cut with shears into very narrow shreds. Put oranges and lemons, cut up, into cheesecloth bag. Weigh this together with shredded peel and juice of a fourth lemon. Add a quart of water to each pound of fruit. Let stand in earthen bowl over night. Then cook till peel is tender. Lift out bag of fruit allowing all juice to drain from it. To entire amount of juice in which are the shreds of peel add pound for pound of sugar and boil rapidly till a soft jelly when tried on cold plate.

Mrs. Gertrude French Hale.

**Kumquat Marmalade.**—One box of kumquats and two lemons. Wash the fruit, halve the kumquats lengthwise, remove seeds and with scissors cut the pulp and peel into threads, peel the lemons, cut the peel into threads and the pulp into thin slices. Put the seeds into a cup of warm water and the fruit into four quarts of cold water and let stand over

night. In the morning add the water from the seeds and cook the fruit moderately fast till tender, about one hour. Set aside till the next day. Measure the mixture and allow three-fourths cup of sugar to each cup of fruit. Bring the fruit to the boiling point, add the sugar and cook, stirring occasionally till like jelly. Makes twelve glasses. The seeds may be put in a muslin bag, suspended from the side of the kettle and cooked twenty minutes.

Mrs. George Hawkins.

**Lemon Marmalade.**—Six lemons sliced very thin, being careful to keep the seeds, which are placed in a bowl with a cup of cold water; add two quarts of cold water to sliced lemons and let stand twenty-four hours. Put in kettle and let boil very slowly for two hours, then to every quart add three pounds of sugar. Put seeds in a bag and suspend to one side of kettle and boil twenty minutes. Add juice of eight oranges and rind cut very fine. Cook all slowly until it jellies.

Mrs. John Hardy.

**Grape Marmalade.**—Stem and wash not over ripe grapes, put in preserving kettle with a little water, just enough to keep from scorching, heat slowly, stirring frequently until the skins burst; remove from the fire and rub through a wire strainer, not too fine but fine enough to hold the seeds. Measure pulp and add an equal quantity of sugar, return to the fire to dissolve and thicken. Turn into glasses. To obtain the best results with marmalade or jellies make in small quantities.

Mrs. W. B. Clark.

**Tomato Marmalade.**—Five pounds of tomatoes, four of sugar, two lemons and two teaspoons of grated ginger root. Peel and slice tomatoes, cut lemons in thin slices, add ginger root, put in kettle on fire and cook one hour, then add sugar and cook till thick.

Mrs. Ayers.

**Crab Apple Marmalade.**—Partly peel the apples, then quarter and core them. Use one pound of sugar to a pound of fruit and let stand together over night. In the morning put on the stove and let come to a boil; then set back and let it simmer for three hours, stirring occasionally. To every eight or ten pounds of fruit add, when you put on the stove, two cut-up lemons. Turn into glasses. Take the crab apples when they are first ripe and juicy.

Mrs. W. H. King.

**Peach Marmalade.**—Twelve peaches mashed, the juice, pulp and outside skin of four oranges, and two lemons, after removing the white part put the skin through a meat grinder. Use a cup of sugar to a cup of fruit and pulp and cook three-quarters of an hour.

Mrs. Gertrude Spann Lynn.

**Cider Apple Sauce.**—Four pounds of dried sweet apples, six gallons of new cider. Boil the cider one hour and a half before putting in the apples. When nearly done put in two and one-half coffee cups of sugar. Cook until done. Mrs. H. J. Dudley.

**Apple Butter.**—Boil new cider down to one-half. Pare and quarter enough sweet apples to fill up the cider. Boil slowly with frequent stirring till consistency of marmalade, keeping covered. Cinnamon may be added twenty minutes before taking from fire. Put in jars when cold. Dorcas Recipes.

**Peach Butter or Jam.**—Pare and stone peaches, allow three-fourths pound of sugar to each pound of peaches. Put them in a porcelain kettle, add a cup of water, mash and stir till cooked. Then add the sugar and boil twenty minutes, stirring constantly. When cold put in jars.

**Currant Jelly.**—To one heaping quart of fruit put a small half cup of water. Put the fruit in a preserving kettle and cook to a pulp; then put in a bag and drain—do not squeeze. To each pint of juice allow one pound of sugar. Cook from three to eight minutes. One pint of currants makes one glass. Mrs. Jane Jones.

**Currant Jelly.**—Use currants when they first ripen; jam them and drain through a bag twice without squeezing; allow a pound of sugar for a pound of juice; when the juice boils put in the sugar and let it thicken; then pour into glasses. Mrs. R. D. Huntington.

**Spiced Jelly.**—To one quart of currant jelly add one teaspoon of cinnamon and one-half teaspoon of cloves.

**Grape Jelly.**—Take grapes before they are thoroughly ripe, put them in a porcelain kettle and mash, when soft put in a bag and drain out the juice. Allow a pound of sugar to a pint of juice; boil the juice twenty minutes; put in the sugar and stir till dissolved and boil a moment. If the fruit is over ripe it will never be a firm jelly. It is difficult to make jelly of some grapes but sour apple juice added will make the jelly firmer. Mrs. George Hawkins.

**Cherry Jelly.**—Wash the cherries and cook, with only enough water to keep from burning; cook until soft. Pour out the juice, strain, cook about twenty minutes, strain again and add one pint of sugar to each pint of juice, and boil about five minutes. Place in glasses.

**Blackberry Jelly.**—Use fruit when beginning to turn. Put in kettle with a little water, crush with potato masher, cook slowly, stirring

and pressing occasionally until berries are soft. Strain and add scant pound of sugar to a pint of juice and cook until it jellies when tested.

Miss Jean Hawkins.

**Elderberry Jelly.**—Remove elderberries from stems, wash and cook till soft, then put in bag and let drip. To eight pints of elderberry juice add half as much green grape pulp. Cook twenty minutes, skim and add one pound of sugar to every pint of liquid. Let this boil three minutes, skim and pour into glasses. Mrs. Frances Whipple Ames.

**Gooseberry Jelly.**—Take green gooseberries and heat thoroughly; put in a bag and drain out all the juice. Strain and measure, allowing a pound of sugar to a pint of juice. Boil ten minutes and place in glasses.

**Apple Jelly.**—Wipe apples, remove stem and blossom ends and cut in quarters. Cover with cold water and cook slowly until apples are soft; drain and boil twenty minutes; add an equal quantity of heated sugar, boil about five minutes, skim and turn into glasses.

**Apple Mint Jelly.**—Make apple jelly as above. Take a large bunch of fresh mint, wash and bruise some of the leaves by pressing between the fingers. About five minutes before the jelly is done, hold the mint in hand and pass it several times through the jelly until the desired strength of the mint flavor is obtained. If you wish the jelly a green color add some vegetable green paste with a little lemon juice.

Mrs. George Hawkins.

**Crab Apple Jelly.**—Wipe apples clean, take out the stem and eyes, cut in halves and put in a preserving kettle with water enough to cover and boil without touching until perfectly soft. Pour into a straining bag, do not press. Strain the juice again and measure. To every pint of juice add a pound of sugar. Let the juice boil one-half hour before adding sugar, meantime warming the sugar; add sugar to juice and boil until it jellies. Strain it into glasses through a wire sieve.

Mrs. Mary L. Allen.

**Crab Apple Jelly.**—Remove the stems and blossoms from the fruit; cut in two and put in a porcelain kettle with water to nearly cover; cook until soft; put in a flannel bag and drain; for each pint of juice allow one pound of sugar; boil the juice ten or fifteen minutes; skim thoroughly; heat the sugar in the oven and add to the juice, then let it just come to a boil and strain into glasses.

Mrs. Brennan.

**Barberry Jelly.**—Pick over and wash berries. To every four quarts of barberries allow three pints, scant, of water and eight quartered and cored sour apples. Put in preserving kettle and boil slowly until fruit is soft, then turn into a bag and let drip. Boil fifteen minutes, skimming if necessary, then add cup of sugar to every cup of juice. Cook until it jellies then put into glasses.

**Other Jellies.**—Jellies can be made from quinces, peaches and plums by following the directions for crab apple jelly.

**Canned Strawberries.**—Pick over and wash strawberries, drain well and place in cans. When filled put cans into a kettle of cold water and let come to a boil and boil for five minutes. Have ready a thick syrup allowing three cups of sugar and one pint of water for a quart can. Pour over the strawberries and seal. Mrs. Newell Rexford.

**Canned Blackberries.**—Four quarts of berries and two pints of sugar. Place sugar and berries in a preserving kettle, let stand several hours, then cook slowly until the boiling point is reached; boil five minutes; fill sterilized jars and seal. Lowney.

**Canned Raspberries.**—Make a syrup in the proportion of one and one-half pounds of sugar to one quart of water; let it boil hard twenty-five minutes, then skim and let the syrup cool. Fill the cans with fresh garden berries, then add syrup to cover the fruit, put on the covers without rubbers and fasten; place the cans on a rack in a wash boiler; fill with cold water to within two inches of the top of cans and let boil one minute. Take the cans from the water, take off the covers and add more hot syrup if needed, put on the rubbers and covers and the next day store them in a cool dry place.

Peaches canned in same way, boiling five or ten minutes according to ripeness of the fruit. Mrs. George Hawkins.

**Canned Raspberries.**—Fill jars with large fresh berries, put on covers loosely, set in a moderate oven; when the berries have settled two inches take jars out of the oven and cover with syrup. To each pound of fruit allow three-fourths of a pound of sugar and one-half cup of water; make into a syrup and fill the jars while hot, then seal.

**Blueberries for Pies.**—Take in the proportion of one cup of sugar to each quart of berries, put them in a porcelain kettle, scald thoroughly, put in jars and seal.

**Canned Pineapple.**—Pare and slice the pineapple. Put into cold water and cook slowly till tender, then take out and drain. Have ready a thick syrup allowing two cups of sugar and one pint of water for a quart can. Drop the pineapple into this syrup for five minutes, then put pineapple into heated cans, pour over the syrup and seal.

Mrs. Newell Rexford.

**Canned Citron.**—Peel citron and cut into small pieces. Cook till clear in cold water to which one-fourth teaspoon of pulverized alum has been added. Have ready a syrup made of one pint of water, three cups of sugar, one lemon sliced, and one cup of raisins. Take citron out of water and drain, then put into syrup and cook slowly for five minutes. Put into heated cans and seal.

Mrs. Newell Rexford.

**Canned Rhubarb.**—Prepare the rhubarb as for pies, pour over boiling water, pour off and add enough water to barely cover, cook till tender. Put into cans hot and seal. Be sure to take off all the scum.

**Canned Rhubarb.**—Peel and cut the rhubarb into short pieces, pack tightly in jars. Fill with cold water and as the water soaks in add more letting the water flow over the tops of the cans. Put on covers, seal and put away for winter use.

**Canned Peaches.**—Pare and place them on a plate in the steamer over boiling water, keeping them tightly covered; steam till they can be easily pierced with a fork; put them into heated cans, keeping the cans in hot water until sealed; make a syrup in the proportion of one pint of water to each pound and a half of sugar, and allowing three-quarters of a pound of sugar to each of fruit. Pour over the fruit the hot syrup and seal.

Pears put up the same way allowing but one-half pound of sugar for each of fruit.

Mrs. McClary.

**Canned Apple.**—In the fall take ripe apples, pare, core and place in kettle with water enough to keep from burning; cook to a pulp. While hot, fill the cans full, shaking the cans to settle the apple, also remove all air bubbles; seal when hot. Good for pies in the winter.

**Baked Pears, Canned.**—Pare enough hard pears, leaving on the stems, to fill a three-quart earthen jar or kettle. Sprinkle over three cups of sugar, add a cup of water, cover closely and bake in a moderate oven eight hours or more. Fill cans with pears, pour over syrup and seal.

**Fruit Juices.**—Syrup left from canning may be utilized for jellies and sherbets. If not wanted for immediate use can and seal while hot.



**Canned Tomatoes.**—Select medium sized ripe tomatoes, turn boiling water over them and peel. Put tomatoes into cans and place in kettle of cold water and let come to a boil. Boil ten minutes. Fill cans with boiling water and seal.  
Mrs. Newell Rexford.

**Canned Tomatoes.**—Scald the tomatoes, peel and slice, put them in a porcelain kettle and boil thirty minutes or longer (some prefer them only well heated, others like most of the water evaporated). Put them boiling hot into the jars, fill to overflowing, remove all air bubbles, put on the rubbers and lids, fasten and when cold keep in a dry dark closet.

**Asparagus, Canned.**—Can in whole lengths or cut as desired. Wash, pack in cans, filling to within one inch of the top and cover with cold water and add one teaspoon of salt to each quart jar (less if the stalks are uncut as the quantity of asparagus is less to a jar), put on covers but do not fasten. Place cans on rack in a wash boiler, fill to within two inches from top of jars, bring to boil and let boil three hours. Then fill jars with hot water if needed; fasten lids, cover over the tops of jars with boiling water, let boil thirty minutes and then let cool in the water.  
Mrs. Robert Stevens.

**Canned Corn.**—Select fresh corn; cut from the ear, then press out the rest of the pulp with the back of the knife; fill the cans with the corn, packing it solidly (cob may be used for this) to break any air bubbles; fill the cans so the milk will flow over the tops; put on the rubbers and lids—not screwing perfectly tight. Place a rack in the bottom of a washboiler, put in the cans and pour in sufficient cold water to nearly cover. Put on the cover of the boiler and boil steadily for three hours. Then remove the cans and tighten the covers and when perfectly cold put in a dark dry place.

**Canned Corn.**—To nine cups of corn cut from the cob add one cup of sugar, one-half cup of salt, one-fourth cup of water. Cook ten minutes and can while boiling hot and seal. When wanted for table use, soak over night in cold water, pour off the water and put on a little more before putting on the stove to cook. Add cream and season as usual.  
Mrs. C. L. Rexford.

**Canned Beans.**—String the beans and cook till tender. Then pack them carefully and solidly into glass jars, hot, and fill them with boiling water. Put on covers without the rubbers. Then place the jars in a boiler of hot water, with a rack in the bottom, and let the water boil ten minutes. Remove cans, put on rubbers and seal.  
Mrs. H. A. Miller.

**Canned Beans.**—Cut beans in about one inch pieces. To a pint jar put one small half teaspoon of salt in the bottom of jar, wash beans, pack jar full and fill with cold water. Put on cover (without rubbers) and fasten down. Put into a boiler with rack in bottom and fill with water up to within one-fourth top of jar. Boil three and one-half hours, then unfasten and put on rubbers. Seal again for future use.

Mrs. Creque.

**Canned Peas.**—Cook peas as for the table and can in the water in which they are boiled, then proceed as for canned beans.

Mrs. H. A. Miller.

**Canned Pumpkin.**—Peel, remove seeds and cut pumpkin into small blocks, pack in jars, add a teaspoon of salt and fill with cold water. Put on covers and rubbers but do not seal. Place a rack in the boiler and put in jars leaving a space between them. Pour in boiler three inches of cold water, just enough to form steam and prevent the boiler from going dry. Cover boiler and let boil one and a half hours. Then remove cover and seal jars. Take out jars and let cool. The next day loosen covers to relieve any pressure from steam during the second cooking. Again put jars in boiler and boil one hour. Fasten cover as before and let cool. Repeat this process on the third day. In removing jars from boiler do not expose to cold draughts or the jars may crack. If preferred, the pumpkin may be cooked, mashed and packed in jars and cooked as above.

Farmers' Bulletin.

**Canned Pumpkin.**—Pare pumpkin, remove seeds and stew till soft and dry. Put through colander and add sugar, a little salt, cinnamon, nutmeg and ginger to taste. Cook till thoroughly heated, put in glass jars and seal. When ready to make pies add milk and eggs.

Mrs. William Watson.

**Canned Beets.**—One peck of small beets boiled, then pared. Put into cans heated in hot water. Bring to a boil one quart of cider vinegar, five quarts of water and one cup of coffee sugar. Pour over the beets and seal.

Mrs. Newell Rexford.

**Canned Beets.**—Select very small beets, boil as for table use, place them in hot jars; pour over a weak vinegar made in proportions of one cup of vinegar to three of water and four tablespoons of sugar; seal hot. Beets so prepared are more appetizing in salads, and make a dainty garnish cut into form.

Mrs. Robert Stevens.

**New Zealand Spinach.**—Wash thoroughly and boil in water one-half hour, then fill sterilized cans packing solid, put on rubbers and covers but do not seal. Put cans in a steamer and steam one-half hour and seal.

Mrs. Carrie Greene.

**To Preserve Cider.**—Put sweet cider in strong bottles, filling them to the lower curve of the neck. Use two-quart bottles, if possible, as more cider is thus preserved for the same effort and time. Set bottles in wash boiler, separating them by cloths to prevent breaking and place thin strips of wood on the bottom of the boiler. Fill the boiler with water about the temperature of the cider as far as the neck of the bottles and heat slowly to 175° F. and keep this temperature for twenty minutes. A long slender thermometer which can be suspended in the bottle is necessary. Then cork the bottles loosely with absorbent cotton, lift out of boiler and let cool gradually. The next day replace in boiler, remove cotton, raise the temperature to 165° F. and cork with good corks which are soaking in boiling water to soften. Press the corks down as tight as possible and seal with wax. The cider will retain its fresh flavor and sweetness from two to three years.

Miss Frances Dorrance.

**Chicken, Canned.**—Prepare chicken and cook as for chicken pie. Remove all bones and skin; season with salt only; return it to the kettle and bring to the boiling point. Fill hot cans with hot chicken and liquor, put on covers, place cans in boiler with hot water and cook twenty minutes. Remove cans, put on rubbers and seal.

Mrs. Frank Miller.

## PICKLES AND RELISHES

**Pickled Pears.**—Seven pounds of pears, peeled, three cloves in each pear. Steam until tender. One quart of strong cider vinegar, one pint of water, three pounds of sugar (maple preferred) a handful of stick cinnamon, and a small green pepper cooked in vinegar until sufficiently seasoned. Strain out spices and pour hot syrup on pears.

Mrs. George Sabin.

**Pickled Sickle Pears.**—Allow enough vinegar to cover the pears. Make a syrup in proportion of one pint of good strong vinegar to three pounds of sugar, brown and maple, two ounces of ginger root, a small bag of cloves, stick a clove in each pear. Cook in the syrup until easily pierced with a fork. When finished, pour the syrup over the pears.

Mrs. Belding.

**Pickled Peaches.**—Take in the proportion of twelve pounds of peaches to two pints of vinegar and seven pounds of sugar. Rub the fuzz from the peaches with crash. Put vinegar in the preserving kettle, add gradually the sugar, stirring until dissolved. Put a handful of stick cinnamon and a teaspoon of cloves in a bag, bring to the boiling point. Place the peaches a few at a time in this and when they are done skim them out and place in jars. Boil down the syrup a little longer and pour over the peaches. A mixture of spices may be used if liked.

**Pickled Peaches.**—Make a syrup of vinegar and sugar—one pint of vinegar to three pounds of sugar—put one clove in each peach; cook in the syrup until tender; place in air-tight jars; pour over scalding syrup and seal; add a little cinnamon and mace, if you choose.

Mrs. R. A. Delong.

**Peach Mangoes.**—Seven pounds of peaches, four pounds of sugar, one-half ounce of green ginger root, one pint of vinegar, one teaspoon of ground cloves, two teaspoons of allspice, one-half teaspoon of ground mace put in two bags for this quantity. Rub the fur from the peaches, halve them and remove the pit. Fill with equal parts of grated horseradish, light and dark mustard seed. Tie firmly with a string. When the syrup boils put in a few at a time; be sure and not cook too much. Use peaches not too ripe. Draw off the juice for two or three mornings and pour over hot.

Mrs. Frederick J. Seaver.

**Sweet Apple Pickle.**—Pare or not, as you choose, sweet apples leaving on stem. Add a teaspoon of cinnamon, one-half each of cloves and allspice (in thin cloth bag) to a syrup made with a quart of vinegar and five pounds of sugar. Place the apples in the syrup, not too many, cook until you can pierce them with a fork, lift them out and add more apples to the syrup. Place in jars. Cook down the syrup if necessary and pour over the fruit.

**Pickled Plums.**—Seven pounds of fruit, three of sugar, one pint of vinegar and spice as desired. Pack plums in jars, scald vinegar, sugar and spices together and pour over the fruit and seal. Let stand where they will keep hot for a short time. Miss Childs.

**Pickled Blackberries.**—Seven pounds of blackberries, three of sugar; one pint of vinegar; cook all together until it boils, then remove the berries and let the vinegar and sugar boil for half an hour. Remove from the stove and pour over the berries. Mrs. E. A. Webster.

**Watermelon Pickle.**—Take the thickest rinds you can get; pare off the green skin and cut out all the pink pulp. Put the rinds to soak in a brine of salt and water strong enough to bear an egg. Let them lie in this brine three or four days (or more if not convenient to make up at once). Then put them in fresh water for three or four days, changing the water every day. Weigh them and boil in equal parts of vinegar and water until easily pierced with a fork. Skim out on a platter to cool. Prepare a pickle of three-quarters of a pound of sugar and a tea-cup of good strong vinegar for every pound of the rinds. Then put in the rinds and boil until they look clear. Skim them out and put in the jar in which they are to remain. Put into the boiling vinegar a small handful of whole allspice, half as much of whole cloves, two or three blades of mace and a few sticks of cinnamon. Then turn the whole hot over the rinds. They will be ready to use in two or three days.

Mrs. J. R. Flanders.

**Ripe Cucumber Pickles.**—Pare and slice lengthwise the cucumbers, put in an earthen dish, first a layer of cucumbers, then a thin layer of salt, another of cucumber and salt, etc. Let stand twenty-four hours. Pour off the brine, rinse and put on cold water. Let stand another twenty-four hours. Then cook in vinegar and water until clear. Take four pounds of sugar, part maple and part granulated, to one quart of vinegar; add one ounce of cinnamon broken in pieces, one-half ounce of whole cloves (a few allspice if you wish). Put

all in a cheesecloth bag. Cook the cucumbers in this a few moments, then take out and cook the vinegar until it tastes of the spices. Pour all over the cucumbers. Mrs. Ralph.

**Cucumber Pickles.**—One gallon of water; one pint of good vinegar; one cup of molasses; one-half cup of salt; a piece of alum the size of a walnut. Gather the cucumbers in as large quantities as possible; wash and put them into the above; when the jar or tub is full scald the brine nine mornings in succession and pour, while hot, over the cucumbers; then put them into sharp vinegar, sweetened and spiced (spices put in bags); add two or three horse radish roots.

Mrs. House.

**Cucumber Pickles.**—Scald cucumbers for nine mornings in a hot brine made fresh each day. Then take good vinegar, not too strong, and a piece of alum about the size of a walnut; scald and pour over the cucumbers, letting them remain in it three days. Then take enough of the best cider vinegar to cover the pickles, season with mixed spices and sugar to taste, also a piece of horse radish, and pour over the cucumbers while hot. Cover the pickles with horse radish leaves.

Mrs. H. E. King.

**Brine for Cucumbers.**—Two pails of water; six quarts of salt; one pound of alum; two ounces of saltpetre; keep the cucumbers under the brine with a weight.

Mrs. J. P. Morse.

**Green Tomato Pickles.**—Slice one peck of green tomatoes and allow them to remain in salt and water twenty-four hours; rinse in clear water and drain; cook until tender in weak vinegar. Prepare a liquid according to the following proportions: Two quarts of vinegar; four pounds of sugar; one cup of horse radish; one and one-half tablespoons of cloves; three of cinnamon; one of pepper. Boil and pour over the tomatoes.

Mrs. O. P. Ames.

**Piccalilli.**—Slice one peck of green tomatoes; put over them one cup of salt and let stand over night, chop and let them drain, put on vinegar enough to cover and cook until soft. Chop three green peppers and three onions, grate one cup of horse radish, add two cups of sugar (maple preferred), one tablespoon each of cinnamon, cloves and allspice; cover with vinegar and let boil slowly one hour or more.

Mrs. Harry House.

**Pickled Onions.**—Peel and put in strong brine for four days, changing the brine twice. Then put the onions in cold milk and



water and let come to a boil; take out, wipe dry, put in a jar and pour over hot vinegar to which has been added a little sugar, whole mace, pepper and cloves. Bottle and seal. Mrs. George Carr.

**Chow-Chow.**—One quart each of small onions, small green cucumbers and ripe cucumbers cut small, two quarts of cauliflower, one large green pepper, chopped. All except pepper to remain in salt water over night. In the morning drain and cook in weak vinegar, then put all into the following dressing:

*Dressing.*—One quart and a cup of vinegar, six tablespoons of mustard, one heaping cup of sugar, one large half cup of flour, one-fourth ounce turmeric powder, the same of curry powder. Boil ten minutes. If a less pungent pickle is desired, omit the curry and use only three measures of mustard. Mrs. George Hawkins.

**Tomato Chow-Chow.**—One-half bushel of green tomatoes, one dozen onions, one-half dozen green peppers, all chopped fine; sprinkle over one pint of salt. Let stand over night, then drain off the brine. Cover with good vinegar and let boil slowly one hour, then drain thoroughly, pressing out all of the vinegar and pack in jar.

*Dressing.*—Two pounds of sugar, two tablespoons of cinnamon, one tablespoon each of allspice, cloves and pepper, one-half cup of ground mustard, one pint of grated horse radish, and enough vinegar to mix them. Let all boil in vinegar, and pour over pickles, hot.

Mrs. Fred O'Neil.

**Mustard Pickles.**—One quart each of green tomatoes, cabbage and onions, chopped not too fine, one quart of small green cucumbers sliced and one sliced red pepper. Sprinkle over one-half cup of salt, cover with cold water and let stand over night. In the morning scald in liquor and drain well. When drained, simmer one hour in the following sauce previously cooked: One quart of vinegar, two and one-half cups of sugar, one-half cup of mustard, one-half cup of flour and one ounce of turmeric powder. Mrs. Henry Miller.

**Rummage Pickle.**—Two quarts of green tomatoes, one of ripe, three small bunches of celery, three large onions, three red peppers and three green peppers, one small head of cabbage and one ripe cucumber. Chop vegetables, sprinkle over one-half cup of salt and let stand until morning. Drain well, add three pints of vinegar, two pounds of brown sugar, one teaspoon each of mustard and black pepper. Cook until clear, about one hour. Mrs. M. J. Hepburn.

**Cabbage Pickle.**—Six quarts of chopped cabbage, nine large or twelve small red peppers, one quart of small onions; chop all fine and sprinkle well with salt; let it stand over night, then drain off *all* liquor.

*Dressing.*—Three quarts of vinegar, one pound of sugar, one-half cup of celery seed, one-fourth cup of white mustard seed, the same of black mustard seed, one-half ounce of turmeric powder and a small piece of alum the size of a walnut. Let all boil in the vinegar; pour hot over the cabbage.

Mrs. George Hawkins.

**Dutch Salad Pickle.**—Cut into small pieces one quart of common pickles and one large cauliflower, one small cabbage, one quart of green tomatoes (sliced), five small green peppers all chopped fine, one quart pickled onions; cook all together except pickles and onions for five minutes in water enough to cover, and one cup of salt. Drain well.

*Dressing.*—Ten tablespoons of mustard, two of turmeric powder, three coffee cups of sugar, one of flour and two quarts of vinegar. Mix well and cook in a double boiler until it thickens. Pour dressing over vegetables, adding pickles and onions, and let it cook slowly for twenty minutes.

Mrs. Lena Howard Wilding.

**Bordeaux Sauce.**—One quart of green tomatoes, two quarts of shredded cabbage, five small onions, two green peppers, two-thirds tablespoon of turmeric powder, three-fourths tablespoon of whole mustard seed, one-half tablespoon of whole allspice, two cups of sugar, one teaspoon of celery seed, two tablespoons of salt, scant, one quart of vinegar. Boil all half an hour or a little longer. Seal while hot.

Mrs. Frank Haven.

**Canada Pickles.**—Two quarts each of small onions, cabbage, green cucumbers and green tomatoes, two ripe peppers. Chop all fine and sprinkle over one cup of salt; let stand over night; in the morning scald in this brine, drain well, and then put it in the following: Two quarts of vinegar, six cups of brown sugar, one cup of good mustard, one cup of flour and one ounce of turmeric powder. Cook vegetables in this sauce slowly for one hour; do not boil.

Mrs. C. R. Fay.

**Spanish Pickles.**—Chop fine one peck of green tomatoes and four large onions; sprinkle well with one-half pint of salt. Let stand twenty-four hours; then put in a colander; pour over cold water and drain thoroughly. Chop fine one head of cabbage and three green peppers and add to the above. Cook in vinegar until tender; then

drain off all vinegar. Put one pint of molasses, one tablespoon of cinnamon, one-half tablespoon of cloves, three-fourths tablespoon of allspice and two of grated horse radish into fresh vinegar; cook all together and pour over the pickles while hot.

Mrs. E. W. Knowlton.

**Baltimore Pickle.**—Fifty large green cucumbers, not peeled, slice one-half inch thick and put in crock in layers, sprinkle with salt and let stand over night. In the morning rinse and drain. Cut twelve large onions in slices, put in layers with the cucumbers and sprinkle with white mustard seed, whole black pepper, two or three pinches of turmeric, a little celery seed on each layer till jar is filled. Cover with cold vinegar and spread the dressing over top but do not stir for six weeks, then stir the pickle well and it is ready for use.

*Dressing.*—Four ounces ground mustard, one teaspoon cayenne pepper, one cup of salad oil. Mix well before spreading on pickle.

Mrs. Wallace C. Short.

**Salad Pickles.**—Mix thoroughly twelve large cucumbers sliced fine, six large onions sliced fine with one-half cup of salt and let stand three hours. Drain and if too salt rinse in cold water. Add one-fourth teacup of olive oil, one-half cup of white mustard seed, one-half cup of black mustard seed, one tablespoon of celery seed, one pint or enough vinegar to cover. Put into cans without heating.

Mrs. H. M. Patterson.

**French Pickles.**—One colander of sliced green tomatoes, one colander of sliced green cucumbers, one quart of sliced onions; sprinkle over one-half cup of salt. Let stand twenty-four hours, then drain thoroughly and place in jars.

*Dressing.*—One-half ounce celery seed, one-half ounce allspice, one teaspoon of black pepper, one tablespoon of turmeric powder, two tablespoons of mustard, one pound of brown sugar, and three quarts of vinegar. Pour over pickles cold. No cooking.

Mrs. Fred O'Neil.

**West India Pickles.**—Twelve large green cucumbers, twelve large green tomatoes, six large onions. Pare, slice, and put in salted water over night, drain, pour over this one quart of vinegar (or more if needed), and boil until nearly done. Then add one cup of sugar, one tablespoon of mustard, one tablespoon of turmeric powder, one-half teaspoon of cayenne pepper, one-half cup of flour, all of which have been mixed, and well diluted with water; then finish cooking.

Miss Sadie C. Richey.

**Golden Glow Pickles.**—Four quarts of cucumbers after they have been peeled and sliced, four large red peppers, four large onions. Slice peppers and onions and put all in salt water separately for two hours. Drain well and pour over one and one-half quarts of vinegar, five cups of light brown sugar, two teaspoons of turmeric powder and a little white mustard seed. Let all come to a boil and can. Select cucumbers that are long and solid instead of large and seedy, fifteen will make four quarts.

Mrs. C. M. Redfield.

**Celery Relish.**—Thirty green tomatoes, four onions, four heads of celery, and three red peppers. Chop quite fine and add sixteen tablespoons of sugar, four of salt and four cups of vinegar. Boil two hours. When putting away be sure to press down till liquor covers the top; otherwise it moulds quickly.

Mrs. Alice Shepard Fuller.

**Tomato Relish.**—Peel and chop one-half peck of ripe tomatoes and drain in colander, then add six onions, six stalks of celery, and two small green peppers; chop all fine. One cup of white mustard seed, two cups of sugar, one-half cup of salt, one tablespoon of black pepper, one tablespoon of cinnamon, pour over all one quart of cider vinegar and mix well. No cooking.

Mrs. Mary Seaver.

**Corn Relish.**—Cut the corn from eight ears, chop fine two onions, a large green pepper, one-half a medium sized head of cabbage and add to the corn, also one cup of vinegar, one tablespoon of salt and let cook fifteen minutes. Mix together one cup of sugar, one tablespoon of mustard, half a teaspoon of turmeric, one-half cup of flour and stir smooth with one cup of vinegar and stir into the first mixture. Stir and cook six minutes and store as pickles.

**Pepper Relish.**—Peel fifteen large onions, remove seeds and membrane from twelve red and twelve green peppers and chop all fine. Cover with boiling water and let stand ten minutes and drain. Add one and a half pints of vinegar, one and a half cups of sugar, three tablespoons salt. Cook fifteen minutes and can.

Mrs. John King.

**Euchered Figs.**—Seven pounds of fruit, five of sugar, a pint of vinegar, one cup of water, two-thirds cup of stick cinnamon, one-third cup of whole cloves. Make a syrup of the sugar, vinegar and water, skim and add the spices. Scald figs in the syrup on three consecutive mornings, on the third morning put the figs in jars, boil the syrup to the consistency of molasses and pour it over them.

Boston Cooking School Magazine.

**Tomato Butter.**—Ten pounds of ripe tomatoes, peeled and cut up fine, five pounds of brown sugar, one pint of vinegar, one tablespoon each of whole cloves and allspice in a bag and one tablespoon of ground cinnamon. Cook together till thick, about four hours, being careful not to let it burn.

Mrs. Louise Massey Simpson.

**Tomato Soy.**—Peel eight pounds of ripe tomatoes, cover them with vinegar and let stand over night. In the morning drain off vinegar and add to the tomatoes one quart of vinegar, three pounds of sugar, one pound of seeded raisins, one pound of citron cut fine, one small red pepper chopped, two ounces of stick cinnamon, one each of whole cloves and allspice; pound spices and put in muslin bags. Put spices and one tablespoon of salt with the tomatoes, simmer all together four hours.

Mrs. Spratling.

**Pickled Beets.**—Cook the beets the same as for a vegetable, slice while hot, after the skins are removed. Measure, and for each quart take one cup of vinegar and a small cup of water, one tablespoon of sugar, one teaspoon of cinnamon, one-fourth teaspoon of cloves, heat thoroughly, and pour over the beets. Put in jars.

Miss Helen Bicknell.

**Chili Sauce.**—Thirty ripe tomatoes, five large onions, and three green peppers chopped fine; add three tablespoons of sugar, three of salt, four cups of vinegar and one tablespoon of cinnamon; boil two and one-half hours. Bottle and seal while hot.

Mrs. Sweet.

**Shirley Sauce.**—One dozen ripe tomatoes, two large onions, two large green peppers, one teacup of vinegar, two tablespoons of sugar, one of salt; chop the vegetables and boil one hour or more; seal at once.

Mrs. S. C. Williamson.

**Tomato Catsup.**—Boil until tender one peck of ripe tomatoes. Strain and add one tablespoon each of cinnamon, cloves, mustard and salt, one teaspoon of allspice, one pint of vinegar and one cup of sugar. Boil gently until of the consistency of cream. Bottle while hot and seal.

Mrs. John Law.

**Tomato Catsup.**—Cook one-half bushel of tomatoes and five or six onions until tender. Strain and add one quart of vinegar, one small teacup of salt, two tablespoons of cloves, one tablespoon of allspice, one teaspoon of black pepper, and a pinch of cayenne. Then boil until reduced one-half. Bottle when cold and seal.

Miss Amelia Greeno.

**Cucumber Catsup.**—Pare and remove the seeds from large green cucumbers, let them remain in cold water for two or three hours. Take them from the water and grate. Then drain the pulp thoroughly—pressing out all the water. Turn the pulp into an earthen dish and season well with pepper and salt. Use a little red pepper and onion if liked. Add enough cold cider vinegar to cover; bottle and seal.

**Cucumber Sauce.**—Thirty good sized green cucumbers, pared and seeds removed; four onions; chop all together; add one small teacup of salt; drain twelve hours, then add one cup of white mustard seed, one-third cup of pepper, vinegar to cover. Seal cold.

Miss Meeker.

**Spiced Currants.**—Five quarts of currants; one pint of vinegar; three pounds of sugar; one tablespoon each of cloves, cinnamon and allspice. Cook slowly about two hours. Turn into glasses.

Mrs. W. H. King.

**Spiced Gooseberries.**—Seven pounds of gooseberries with the blossoms removed (the stems will not harm), five pounds of sugar, one scant pint of vinegar, two tablespoons of cinnamon, one of cloves and one-fourth of allspice. Cook about two hours. Turn into jars. Twelve quarts of gooseberries make seven quarts of the relish.

Mrs. George Hawkins.

**Spiced Grapes.**—Six pounds of fruit, four of sugar, one-half pint of vinegar, one teaspoon each of ground mace, cloves, allspice and cinnamon and one-half teaspoon of ginger. To seed grapes press the pulp from the skins, put it in kettle and cook slowly till seeds separate from pulp, then rub through sieve. Put this with the skins, add sugar, vinegar and spices; boil all together one hour.

Mrs. John Spanu.



## COFFEE, TEA AND OTHER BEVERAGES

**Coffee.**—Allow a heaping tablespoon to each person and one extra; use half of one egg for six persons, and mix it with the coffee; then moisten thoroughly with cold water; just fifteen minutes before it is to be served pour on boiling water, allowing a coffee-cupful for each person and one extra; let it boil about five minutes, stirring it when the coffee rises to the top; place on the back of the stove to settle or add a tablespoon of cold water. Mrs. Sidney S. Whittelsey.

**Coffee for Four.**—Take four heaping tablespoons of finely ground coffee; place in a bowl and stir in one-half white of an egg and four tablespoons of cold water; put this into a small cheesecloth bag and place in a white lined coffee pot; pour over one quart of cold water; let it come to a boil and continue about four minutes. Ready to serve at once. Mrs. McClary.

**Coffee for One Hundred.**—Take four pounds of coffee; beat in four eggs, with their shells; mix well with cold water; then add about twenty quarts of boiling water. Cover closely and cook. Mrs. Gallnow.

**Vienna Coffee.**—To one-fourth cup of boiled milk add three table-spoons of whipped cream, then fill up with coffee.

**Café au Lait.**—Take equal parts of strong coffee and milk, bring just to boiling point, mix. Serve hot.

**Tea.**—For moderate strength use one teaspoon to half a pint of water; pour on boiling water, leaving the pot standing where it will be at the boiling point yet will not boil, for three to five minutes, keeping tightly covered.

**Tea, for Afternoon.**—Allow one-half teaspoon of Salada tea for each cup of water. Have freshly drawn water which has just come to a vigorous boiling point, pour over tea and allow to stand from three to five minutes, then pour the tea off the leaves before serving. Both pots should be scalded just before using.

Mrs. Mabel Lawrence Lincoln.

**Russian Tea.**—Follow the above recipe for afternoon tea. Serve hot or cold with sugar and a slice of lemon or a few drops of lemon juice.

**Cocoa.**—Scald two cups of milk in a double boiler. Mix two tablespoons of cocoa with one and one-half tablespoons of sugar and pour over gradually while stirring, two cups of boiling water and let boil five or eight minutes. Then pour this into the hot milk and beat with an egg beater five minutes. For afternoon tea put a marshmallow in each cup before pouring in hot cocoa. The marshmallow will rise and spread over the surface.

Miss Jean Hawkins.

**Cocoa.**—Mix cocoa and sugar together, allowing a teaspoonful of each to every cup. Place the pan containing the desired amount of milk on the stove and toss the above mixture on the top. Do not disturb until the cocoa has melted and the milk is boiling up through it. Take a wire egg beater and move back and forth in the pan. Add a few drops of vanilla and serve with whipped cream.

Miss Campbell.

**Chocolate.**—One square of Baker's chocolate grated, stir with this two teaspoons of sugar and one tablespoon of cold water, add one-half pint of boiling water and boil five minutes. Scald one-half pint of milk and add to the chocolate the last moment before serving. Add one small spoon of whipped cream to each cup just before it is served. For fifty medium sized cups one pound of chocolate is required, with one and one-half cups of sugar, four quarts of water, the same of milk and one pint of cream.

Mrs. McClary.

**Chocolate.**—A famous Washington recipe.—Break up the chocolate and place in a warm spot to melt; put in a farina kettle and pour on boiling milk; stir while pouring in the milk and stir constantly while cooking; let it boil some minutes and serve with whipped cream.

Mrs. Alice F. Stevens.

**Sunday Night Egg Nog.**—Break one or two eggs into a large tumbler and add two tablespoons of cold coffee, one teaspoon of sugar and nearly fill the glass with milk; a little cream improves it. Beat with a tumbler egg beater and add a small piece of ice.

Mr. Martin E. McClary.

**Currant Shrub and Rose Leaves.**—Make a syrup of three quarts of water and one cup of sugar. While hot dissolve in it three glasses of currant jelly and when quite cold add three lemons and three oranges sliced thin, a tablespoon of rose water and plenty of crushed ice. When serving drop into each glass a few candied rose leaves. This shrub may be varied by leaving out the lemons and oranges and using instead a pint of unsweetened raspberry juice. Indeed many

of the red punches will bear a little rose water and the rose leaves always are a dainty addition. Miss Frances Dorrance.

**Mint Shrub.**—Add bruised leaves of fresh mint to shrub and let stand an hour. Remove leaves, add water to the shrub, fill tall glasses and put a sprig of mint in each glass.

**Iced Tea.**—Make tea by recipe already given. Strain into an earthen pitcher and when cool set in an ice chest until wanted for use. To serve put two lumps of sugar with cracked ice and a slice of lemon into a glass and fill with cold tea.

**Iced Drinks.**—The simplest of these are prepared by crushing the fruit, adding sufficient sugar to sweeten and, after a few hours' maceration, pressing off the clear juice. This, before serving, is mixed with an equal amount of ice water. A small amount of lemon juice—about one tablespoon to the pint—will intensify and improve the flavor of all fruit while a well made lemonade used in some, such as pineapple, strawberry, raspberry and currant, in place of iced water, makes an agreeable drink. For those who desire iced beverages at meals, cocoa, tea or coffee may be used. The cocoa should be made with boiling water, sweetened and cooked for a few minutes, then chilled and served with cream whipped or plain. Coffee should be clear and freshly prepared before icing, and it is usual to sweeten it slightly before cooling. Tea is steeped and strained in the orthodox manner; some prefer to serve it hot and of unusual strength, pouring it into glasses filled with cracked or crushed ice, thus chilling it instantly.

**Mint Julep.**—One bunch of mint, two cups of ice water, juice of six lemons, two cups of sugar and four cups of water. Chop mint; add ice water; let stand over night. Boil sugar and water; chill; add lemon juice and mint water. Serve with crushed ice; garnish with mint leaves.

**Pineapple Lemonade.**—Make a syrup of one pound of sugar and two cups of water. Prepare a pineapple by paring, removing the eyes and grating; add to it the juice of three lemons and hot syrup. When cool reduce with water. Serve ice cold.

Mrs. John Macfariane.

**Lemonade.**—To one pint of lemon juice, add three pints of water, and a generous pint of sugar. Strain; water and sugar may be boiled five minutes before adding to the juice.

**Orangeade.**—Oranges with lemons in the proportion of one and one-half cups of orange juice to one of lemon. Water and sugar to taste.

**Punch.**—For fifty punch glasses take four quarts of water and the strained juice of two dozen lemons and three oranges, one quart can of chopped pineapple, one pint bottle of stoneless cherries. Add the peel of the three oranges chopped fine. Sweeten to taste. If desired add one pint of raspberry shrub. Mrs. S. T. Carpenter.

**Tea Punch.**—One-half pint of orange juice, juice of six lemons, one pint can of shredded pineapple, one-half pound of loaf sugar, one pint of tea (three teaspoons of tea to one pint of water), one quart of ice water. Add small squares of oranges, cherries and bananas.

Mrs. John Hardy.

**Card Punch.**—Mix one pint bottle of grape juice and two pint bottles of ginger ale. Have glasses a quarter full of finely crushed ice and fill with mixture. Mrs. Breed.

**Fruit Punch.**—Grate one pineapple and cook in three cups of water twenty minutes, or one can of grated pineapple; strain, let cool and add the juice of five lemons, six oranges, one or more cups of freshly made tea, one pint of strawberry, currant or grape juice, one quart of sugar, five quarts of water. Make some hours before serving. Drop in mint leaves, strawberries, cherries or whatever fruit desired. Just before serving add a bottle of Apollinaris or any charged water.

**D. A. R. Punch.**—To the juice of eight dozen lemons, five dozen oranges, and twenty tumblers of sugar, add four quarts of cold water in which the rinds of the fruit have soaked for twenty minutes. Let stand until morning then add two cans of shredded pineapple, two quarts of canned raspberries, and one of strawberries; let remain until afternoon, then strain through a fine wire strainer into a six gallon jar. When ready to serve add five quarts of Saratoga Vichy and stir well. At the same time place a large square of ice in a punch bowl and slice over two oranges, two lemons, and two cucumbers. Fill bowl with punch from the jar, and serve. Four more quarts of Vichy may be added (one at a time) to the jar as needed. This will serve from one hundred and fifty to two hundred persons.

Mrs. Sidney S. Whittelsey.

**Punch.**—Two bottles white unfermented grape juice, juice of six oranges and six lemons, two cups of sugar (about) and three bottles of Apollinaris water. Makes about five quarts.

Mrs. James Breed.

**Grape Nectar.**—Boil two cups of sugar and one of water ten minutes. When cold add juice of four lemons and one quart of grape juice. Serve with Apollinaris water.

Mrs. Janet Allan.

**Horse's Neck.**—Pare a lemon as you would an apple trying not to break the peel, cut it in half, using one-half for each tumbler. Place one-half of peel in goblet or tumbler allowing one end to hang over the edge. Fill the glass with ginger ale which has previously been on the ice.

**Grape Juice.**—To eight quarts of Concord grapes when taken from the stems, add three quarts of water and cook until tender, then strain through a strainer but do not press the pulp. Strain the juice again in a fine sieve and add two-thirds of a cup of sugar to each quart of the juice. Let this come to a boil and skim thoroughly. When hot put into air tight fruit cans or sealed bottles. Serve without reducing and with chipped ice. The pulp can be pressed and made into marmalade.

Mrs. McClary.

**Raspberry Shrub.**—Mash the berries, strain the juice through a bag. To each quart of juice take one pint of vinegar, two pounds of sugar; boil the juice and vinegar, add gradually the sugar; boil and skim until the scum ceases to rise, bottle and cork tightly.

Huntingdon Cook Book.

**Blackcap Shrub.**—Made the same as raspberry.

**Fruit Juices.**—Heat the fruit, mash and strain as for jelly. To every quart of juice add one-half cup of sugar. Cook the juice for ten minutes. Skim well. Seal in cans. Fruit syrups are used by adding water and chipped ice as for shrub.

Mrs. John Macfarlane.

**Rhubarb Juice.**—Wash stalks thoroughly; cut into pieces, cover to within one-fourth of top with water, boil until tender and drip as for jelly. Measure; using one cup of sugar to four of rhubarb, boil, remove scum, and seal while hot. If less tartness be desired, add more sugar. Less sugar gives a more pleasing hot weather drink.

Mrs. Robert L. Stevens.

**Soda Cream.**—Two and one-half pounds of white sugar, two ounces of tartaric acid — both dissolved in one quart of hot water; when cold add the beaten whites of three eggs, stirring well; flavor to taste; bottle for use. Put two tablespoons of this into a glass of cold water and stir in one-fourth teaspoon of soda. Mrs. Willard.

**Lemon Syrup.**—Take the juice of twelve lemons and grated rind of six, let stand for two or three hours. Make a syrup of two and one-half pounds of sugar and a pint of water, boil until it hairs. Take from the stove and let it cool a few minutes, then add lemon juice and rind and strain; serve a little in a glass with water (as you would shrub). To improve it a little you can add little pieces of any kind of fruit you may have. It will keep indefinitely.

Mrs. Peter McDonnell.

**Unfermented Wine.**—Three pounds of grapes, two of white sugar, three quarts of water; scald the grapes and water slowly; then mash and strain; add the sugar; boil and seal as for canned fruit.

Mrs. Dwight Dickinson.



## CHAFING DISH

The chafing dish is composed of the blazer and hot water pan set in a standard with a small lamp underneath. A metal tray upon which the chafing dish rests is essential to insure the table against fire or from boiling water. The hot water pan is used when much heat is needed to cook food. The upper pan is used for creamed dishes, or to keep food warm.

**Kromanskies.**—To make them cut bacon into very thin regular slices and place on each a little finely minced cold meat of any kind seasoned with salt and paprika; add also a bit of cream. Roll each lightly. Place them on the ice. Fry a golden brown. Use skewers with kromanskies.  
Mrs. Richardson.

**Chicken with Mushrooms.**—One good sized chicken boiled, cut into dice, one can of mushrooms, two tablespoons of butter, one tablespoon of flour, one-half pint of cream, one gill of chicken broth, the yolks of two eggs, salt and pepper. Make sauce of the flour, butter, cream and broth, add the chicken, cook three minutes, add the mushrooms and cook two minutes longer. Add the beaten eggs very slowly stirring all the while.  
Mrs. Grace Munger Cantwell.

**Creamed Chicken.**—One pint of minced chicken, one pint of sweet milk, one tablespoon of butter, one tablespoon of flour, season with salt and pepper. Place the butter in the pan and allow it to melt. Rub the flour into the melted butter and add the milk. Stir constantly until the milk comes to the boiling point. Add the chicken, continue stirring, allowing the chicken to boil three or four minutes. Serve immediately on crisp crackers or toast.  
Mrs. L. F. Hodge.

**Chicken Wiggle.**—One can of chicken—a coffee-cupful—one coffee-cup of cream, one coffee-cup of milk, yolks of three hard boiled eggs (put through a potato ricer), one heaping tablespoon of flour, one-half coffee cup of French peas, one-fourth cup of butter. Place the butter in the chafing dish with the chicken and let them heat thoroughly together. Mix the eggs and flour until smooth with a little milk. Add to the chafing dish milk and cream, then the thickening and the peas just before serving. Salt and pepper to taste. Serve on toast.  
Mrs. Litz Dustin Rust.

**Hot Oysters.**—Put in chafing dish three dozen oysters with juice, a generous dash of paprika or red pepper, a good sized lump of butter, a stalk of celery chopped fine, and one-half cup of cream. Let mixture simmer until celery is tender and serve on toast.

Mrs. L. C. Wead.

**Panned Oysters.**—Place oysters in the dish with a tablespoon of butter and a little salt. Cover closely and light the lamp. Stir occasionally and when the oysters are plump and the gills curled they are ready to serve. One-half cup of thick sweet cream may be poured over them if desired before taking up.

Mrs. Emilie McClary Woodbury.

**Lobster.**—Melt four tablespoons of butter, add three tablespoons of flour and a liberal seasoning of salt and pepper. Pour in one and a half cups of milk and stir till creamy, then add one cup of lobster meat and one cup of canned peas from which every drop of liquor has been drained. Bring just to the boiling point, then serve. Shrimps may be used instead of lobster if one likes their flavor.

**Creamed Lobster.**—Melt three tablespoons of butter, add four tablespoons of flour, and pour in one and a half cups of milk. Season with salt and paprika. Stir with a wire whisk till the sauce is creamy, then add one pound of lobster meat and two teaspoons of lemon juice. Serve with sandwiches of Graham or brown bread.

**Shrimps à la Newburg.**—Pick over carefully one can of shrimps. Melt four tablespoons of butter, add one tablespoon of flour and stir until smooth. Add one-fourth cup of cream and the shrimps; stir very gently until heated. Add the beaten yolks of two eggs gradually, stirring all the while. Salt and pepper to taste.

Mrs. Jessie Marshall Kissane.

**Scrambled Eggs.**—Beat five eggs till slightly blended, add a dust of white pepper, half a teaspoon of salt and half a cup of milk. Melt two tablespoons of butter in the chafing dish, pour in the egg mixture and cook till it is creamy, scraping it from the bottom of the pan as it becomes thick. Scrambled eggs are nice accompanied by saltine wafers.

**Spanish Eggs.**—Cook for three minutes one tablespoon of finely chopped onion and two of chopped pepper in two tablespoons of butter; add three or four mushrooms broken in pieces and one cup of

tomatoes. When this mixture is hot, add four beaten eggs, one tablespoon of capers, salt, cayenne to taste. Cook until the mixture thickens, stirring constantly.

**Tomato Fricassée.**—One-half quart can of tomatoes, one heaping tablespoon of butter; salt and pepper to season very highly, and one pinch of soda. Simmer fifteen minutes, add three well beaten eggs and take from the fire the moment it begins to thicken. Pour over toast.

Mrs. Jessie Marshall Kissane.

**Tomatoes and Rice.**—Put into a chafing dish half a cup of tomatoes, add a bay leaf, a few drops of onion juice, pepper and salt to taste. Let them cook until tender, then remove the bay leaf and stir in as much boiled rice as can be well coated and moistened with the tomatoes. Serve with cracker biscuits.

**Beans and Cheese.**—Chop fine two green peppers, melt a tablespoon of butter in a sauce pan and add one-fourth pound of cheese, stir and when melted add the peppers and one can of red kidney beans with their liquor. Stir well, season and when hot serve on toast.

**Macaroni with Tomato Sauce.**—To one-third of a package of well cooked macaroni, add one can of Campbell's Tomato Soup. Stir and let cook fifteen or twenty minutes; season with butter, salt and pepper to taste. Then add one generous cup of grated cheese, stir until cheese is melted and serve. Cooked rice, or hominy, may be used instead of macaroni.

Miss Jean Hawkins.

**Blushing Bunny.**—Put a piece of butter the size of an egg in the chafing dish; when the butter is melted add one and one-half pounds of cheese cut fine, mustard and pepper to taste. Stir until the cheese is melted, then add one can of condensed tomato soup, and, lastly, three well beaten eggs. Serve on wafers or toast.

Mrs. Florence Oliver Naylor.

**Rink-tum-diddy.**—Put one tablespoon of butter in blazer of chafing dish, add one cup of tomatoes; when it bubbles stir in salt and paprika to taste, a salt spoon of soda, then three-fourths cup of milk, two cups of grated cheese, and when this is melted and smooth, two well beaten eggs. Put out the flame and serve on hot toast.

Mrs. Florence Channell Massey.

**To Make a Good "Rabbit."**—Use a chafing dish. In the upper pan put enough milk—I don't know just how much—half a cup or a little more. Put in about two pounds of cheese cut up fine or mashed

with a fork. Put in butter depending on the richness of the cheese, say butter the size of an ordinary hen's egg, set up machine, with hot water for a starter in the bottom pan and set flame agoing. Turn over the cheese occasionally, only do not stir. In a glass or other dish as seems necessary, mix up red pepper, mustard and any other seasoning that you may want. In another dish beat up one or two eggs, depending on how much of the stuff you are making. When the cheese is all melted (this is a critical point) put in the seasoning and mix. Put in the egg and beat well. If there seems to be too little milk in the solution, put in a little before the egg is added and allow it to become heated. When the egg has been beaten well into the mess, cover and allow to thicken, stirring occasionally.

Mr. Nelson F. McClary.

**Welsh Rarebit.**— Mix three-fourths of a pound of cheese cut in small pieces, one well-beaten egg, two teaspoons of flour dissolved in milk, one-half teaspoon of salt, one-fourth teaspoon of mustard, a little red pepper, and one tablespoon of Worcestershire sauce. Add the above to two cups of heated milk and cook until cheese is well dissolved and mixture creamy. Then add one tablespoon of butter and serve hot on toast.

Mrs. Evelyn Kidney Stiles.

**Welsh Rarebit.**— One tablespoon of butter, one-half pound of cheese, yolks of two eggs or one whole egg, one-half cup of cream or milk, salt and paprika, one-fourth teaspoon of soda. Melt the butter; add the cheese, grated or cut fine, stir constantly until the cheese is melted, then stir in the yolks of eggs, beaten and diluted with the cream and milk; add also the salt, paprika and soda. Stir until smooth and creamy, then serve on the untoasted side of bread that has been toasted on but one side. If the hot water pan is not used in making this do not let the rarebit boil at any time.

**Mexican Rabbit.**— Melt one scant tablespoon of butter in chafing dish, add one-half pound of cheese and stir until it melts, put in three-fourths of a cup of kornlet, a little pepper and stir a moment; add one-half cup of tomato purée into which has been stirred the beaten yolks of two eggs, then one-half teaspoon each of salt and paprika. Stir constantly till thick and smooth. Have ready four slices of bread toasted on one side. Rub untoasted side with onion and pour rabbit on it.

Miss Jean Hawkins.

**Lenox Rarebit.**— Put a tablespoon of butter in blazer, when melted add a cup of milk, a teaspoon of salt, one-fourth of pepper, few grains

of cayenne and six eggs beaten slightly. Cook as scrambled eggs and when nearly done add a cream cheese worked till soft. Stir well and serve on crackers.

**Rarebit.**—Cream one tablespoon of melted butter with one tablespoon of flour in a chafing dish. Add one cup of milk, the beaten yolk of one egg and one cup of finely cut cheese. Moisten one-fourth teaspoon of mustard, a little salt and cayenne pepper with a little cold milk and add to cheese mixture. Just before serving add the beaten white of the egg. This will serve five people.

Mrs. Sally Crooks Robinson.

**Welsh Rarebit.**—Into a double boiler put a cube of butter and two tablespoons of water. When melted put in three ounces of grated American cheese, stir until soft and it comes to a boil. Cook five minutes and add yolks of two eggs well beaten, let come to a boil again, add a tablespoon of Worcestershire sauce, a pinch of salt and pepper. Serve on toasted bread or crackers. Mrs. Gertrude Massey Barse.

**Tunny Fish Rarebit.**—Melt one tablespoon of butter in blazer of chafing dish and turn blazer to thoroughly butter the whole surface. Add one-half pound of cheese cut in thin slices, one-half teaspoon each of salt and paprika and stir constantly till cheese is melted, then stir in yolks of two eggs beaten and mixed with one-half cup of cream. Stir until mixture thickens and becomes smooth. Add one-half can of tunny separated in flakes, mix well and let stand over hot water to become very hot. Serve on untoasted side of bread toasted on one side.

Mrs. George Hawkins.

**Golden Buck.**—Make a plain Welsh rarebit as given in the recipe; add to this half a teaspoon of Worcestershire sauce and a few drops of tabasco sauce. Serve on toast with a poached egg above the cheese mixture. Miss Jessie D. Child, Teacher of Cooking, New York City.

**English Monkey.**—Soak one cup of stale bread crumbs in one cup of sweet milk for fifteen minutes. Into a chafing dish put one teaspoon of butter and one-half cup of cream cheese; melt and add crumbs, also a well-beaten egg, one-half teaspoon of salt, pinch of cayenne; cook for three minutes and pour on toasted crackers.

Miss Danta S. Palmer.

**Italian Spaghetti.**—Fill the pan with enough salted water to cover the spaghetti. Bend the sticks into the water slowly so as not to

break them. Cook until tender — about twenty minutes. Serve on hot plates and cover with Italian sauce and grated Parmesan cheese.

*Sauce.*—One cup of tomato soup, butter the size of a walnut, one cup of chopped olives, three or four chopped mushrooms, paprika, cayenne, salt to taste. The sauce is improved by being made a few hours before using.

Mr. S. H. B. Clark.

*Eggs à la King.*—Melt four tablespoons of butter and cook in it till soft two tablespoons of minced green pepper and one cupful of fresh mushrooms. Stir in three tablespoons of flour, a few grains each of paprika and nutmeg, three quarters of a level tablespoon of salt and cook till frothy, then add gradually two cups of light cream, stirring constantly. Add carefully eight hard cooked eggs sliced, set over hot water till very hot and serve on buttered toast.

Mrs. Florence Miller Main.

*Finnan Haddie Garcia.*—Cut half a green pepper in shreds, one tablespoon of finely chopped onions and let cook in three level tablespoons of butter until softened; add three level tablespoons of flour, one-fourth teaspoon each of salt and paprika and stir until well blended; add one cup of cream and one-half cup of milk and stir till boiling, then add one pint of cooked finnan haddie and let become hot.

Mrs. Janet Allan.

*Hot Ham Sandwiches.*—Spread slices of bread cut for sandwiches with chopped ham and press the slices together. To a beaten egg add one-half cup of milk and soak the sandwiches in the mixture a few moments. Heat a tablespoon or more of butter in the blazer and brown the sandwiches first on one side and then on the other. Drain on soft paper and serve at once.

Janet McKenzie Hill.

*Pineapple Sponge.*—Heat one pint of grated pineapple in the blazer, stir in one-third cup of any quick cooking tapioca, mixed with two-thirds cup of sugar and one-half teaspoon of salt, then set the blazer over hot water and cook, stirring occasionally, until the tapioca is transparent; then add the juice of one lemon and fold in the stiffly beaten whites of two eggs. Serve with cream and sugar.

Miss Jessie D. Child, Teacher of Cooking, New York City.

*Fudge.*—Two cups of granulated sugar, piece of butter one-half the size of a walnut, one-half cup of water, one-half cup of sweet cream, one square of Baker's chocolate. Place the butter, water, sugar and chocolate in the chafing dish. Allow it to boil stirring only when necessary to prevent burning. As soon as a few drops of the mixture will



form a *soft* ball in cold water add the cream and boil until the same degree of consistency is again reached. Remove the pan and allow the candy to cool thoroughly. Flavor with vanilla and stir vigorously until the candy is set. Pour on buttered pan which is not more than six inches square, as the fudge is delicious when thick. Nuts may be added soon after the stirring is begun if desired.

Mrs. L. F. Hodge.

## CANDIES

**Fondant.**—Put four cups of granulated sugar and enough water to dissolve it thoroughly, into a sauce-pan, add a piece of cream tartar the size of a small pea, let boil until it will form a soft ball when dropped in water. Take from fire and place in a pan of ice water, let it get entirely cold. If crystals form on the top it will not hurt it. Stir until it becomes creamy. If too stiff to stir set it on the stove until it softens a little. If it grains and becomes hard and crumbling, mix it in the hands a little at a time and it will become soft and creamy, or if it grains, and does not harden, persistent stirring will harden it. When it hardens knead into a creamy mass; flavor as you like by working the flavoring in with your hands. Mrs. Grace Munger Cantwell.

**Cream Fondant.**—Two cups of granulated sugar, three-fourths cup of water, one tablespoon of glucose. Put over fire and boil without stirring until a soft ball forms when dropped in cold water. Turn on a platter or shallow dish and cool until about milk warm. Mix for several minutes after it sets until like dough; flavoring and coloring should be added while stirring; mold into any desired form.

Mrs. William Badger.

For chocolate creams, the fondant should be molded and allowed to stand at least over night before being dipped in melted chocolate.

For maple creams, one-half cup of white sugar, one and one-half cups of maple sugar; boil to a harder ball than the plain cream.

For cocoanut balls, add one-half cup of grated cocoanut while stirring; mold into small balls and roll in grated cocoanut.

For coffee creams, the same except three-fourths cup of strong coffee instead of the water in making fondant.

For fudge, add, while stirring, four tablespoons of melted chocolate, a small piece of butter, and vanilla. Mrs. William Badger.

**Chocolate Creams.**—Shape the fondant into balls and have the chocolate melted over steam. To cover the balls lay them, one at a time, upon a silver fork and pour over them the melted chocolate with a teaspoon and place the balls upon oiled paper. Mrs. John Lincoln.

**To Cover Chocolate Creams.**—Melt the chocolate in a dish over steam and when luke warm pour a part of this on a marble or heavy tin; when the fondant balls have just been made, roll one at a time in the

chocolate and place in the palm of the left hand and press in shape desired with the thumb and first finger of the right hand, then place on white oil-cloth. This way forms them into perfect shape and makes the edges very smooth. If not covered thick enough with the chocolate, roll a second time, same as before. After the covering is firm, continue to pour out more of the chocolate and reheat that which has been used. A teaspoon of cocoa butter, added to the chocolate, for two pounds of candy, makes the covering thinner and smoother. Mrs. McClary.

**Opera Cream.**—Four tumblers of sugar (brown and white), two of milk, piece of butter the size of a walnut and a quarter of a cake of Baker's chocolate. Boil until it will form a soft ball in water. Season with vanilla and add a pinch of salt. Set aside until cold, then stir until rather thick. Drop in pieces the size of a walnut on paraffine paper. Miss Belle F. Dustin.

**Peppermint Drops.**—One cup of sugar, a very little water, boil until it hairs. Remove from the stove, add a pinch of cream tartar and three drops of oil of peppermint, stir until the mixture begins to whiten. Drop with a spoon on buttered paper. Wintergreen oil may be used instead of the peppermint, and cochineal may be used to color them pink. Mrs. Emilie McClary Woodbury.

**Mints.**—One cup of granulated sugar, five tablespoons of cold water; cook until it threads, then add one-half cup of triple X sugar, five drops of peppermint and three drops of fruit coloring. Drop with teaspoon on marble slab. Miss Van Duzee.

**French Cream.**—Break in a bowl the white of one or more eggs; add an equal quantity of cold water and then stir in confectioners' sugar until it is stiff enough to mould into shape with the fingers. Flavor to taste.

**Chocolate Mint Creams.**—Flavor creamy French fondant with oil of peppermint. Stir well, place on board and roll in an oblong sheet about one-fourth of an inch in thickness, cover with unsweetened melted chocolate, when dry cut into one and a quarter inch squares, lift with a spatula and put two squares together having the chocolate on the outside, then put in oiled paper. Mrs. William McDonald.

**Chocolate Creams.**—Mould French cream into small cone-shaped balls. Let them harden several hours and then cover with melted chocolate.

**Fig Candy.**—To half a pound of fondant add one-fourth of a pound of figs chopped fine, roll the mixture out on a board into a flat cake, cut into oblong pieces and dust with confectioners' sugar or cover with melted chocolate. If liked, raisins may be substituted for the figs.

Mrs. Emilie McClary Woodbury.

**Walnut Creams.**—Make a ball of French cream about the size of a walnut and place a half nut meat upon either side of the ball, pressing it into the cream. Other nut creams may be made by chopping the meats fine and working into French cream, and cutting into bars.

**Cream Candy.**—Three cups of granulated sugar, one-half cup of water, two small tablespoons of vinegar. Boil hard for twelve minutes. *Do not stir.* Pour on buttered platter and when cool pull until white and cut in small pieces.

Mrs. George Sabin.

**Chocolate Caramels.**—One cup each of grated chocolate, molasses, brown sugar and milk, a piece of butter the size of an egg. Put the ingredients in a kettle adding one tablespoon of glycerine, and boil fast. When nearly done, add the chocolate; test by dropping into cold water and pour into buttered pans. When cool make into blocks with the back of a knife.

**Huyler's Caramels.**—One and one-fourth pounds of brown sugar, one-fourth pound of glucose, one-half pint of cream, one-eighth pound of butter, four ounces of chocolate, two teaspoons of vanilla. Put sugar, cream and glucose in sauce-pan on stove; boil, *without stirring*, until when tried in water it is hard, but not brittle. Put chocolate in after the candy boils, and butter just before it is done, and vanilla after it is off the stove. Pour in buttered pans and when cool make into blocks with the back of the knife.

Miss Elizabeth Smith.

**Cream Puffs.**—Cook one pound of brown sugar and one-half cup of hot water to a soft ball. Have ready the white of one egg stiffly beaten. Pour syrup, drop by drop, over the beaten white, stirring constantly, season with vanilla and chopped nuts. Place on paper with a spoon, working rapidly, as it hardens quickly.

Mrs. Parker.

**Maple Sugar Candy.**—Take one pound of maple sugar, broken into small pieces, put it in a sauce-pan with a pint of rich milk and a tablespoon of butter. Let this boil until it reaches the stage where it hardens in cold water; pour it into pans, and mark it in squares as you would taffy or caramels.

**College Candy.**—Two cups of maple or brown sugar, one-third of a cup of sweet cream, one-half pound of English walnuts. Boil the sugar and cream until it forms a ball when dropped in water, stirring constantly. Remove from the stove and add the walnuts chopped fine; stir until the mixture begins to whiten, turn into pans and when cold cut into squares.

Mrs. Emilie McClary Woodbury.

**Pinoche.**—One large cup of milk, one pound of light brown sugar, and a piece of butter the size of a walnut. Boil until it will mould into a soft ball when tried in water. Just before taking from the fire stir in half a pound of chopped English walnuts and stir briskly until it begins to thicken; pour into buttered pan.

Mrs. Anna Lincoln Kellogg.

**Fudge.**—One cup of milk, two cups of sugar, one-fourth cake of Baker's chocolate, butter the size of a walnut. Cook over a hot fire. When it becomes a soft ball, add one teaspoon of vanilla, and stir briskly. Just before pouring on a platter add chopped walnuts; when almost cold cut into small squares.

Miss Katharine L. King.

**Vassar Fudge.**—Put into a sauce-pan four tumblers of sugar, two of milk. Grate into this one-half cake of chocolate, and add a piece of butter the size of a walnut. Cook over a hot fire and stir constantly. When it becomes a soft ball, add about one-half teaspoon of vanilla, and remove from the stove. Stir until it becomes like thick cream. Pour on a large piece of white paper; when almost cold and before it becomes hardened, cut into small squares and put into dishes for serving.

Mrs. Gertrude Chesley Smith.

**Brown Sugar Fudge.**—Two cups of brown sugar, two-thirds cup of milk, one tablespoon Wesson Oil, good pinch of salt. Boil until it forms a soft ball in water. Take from stove and add one teaspoon vanilla and one cup of walnut meats cut up. Stir until it grains and pour into buttered tin.

Mrs. Anna Lincoln Kellogg.

**Water Fudge.**—Add to two cups of sugar three tablespoons of cocoa, one cup of water, and a small pinch of salt. Boil until a little of the mixture makes a soft ball in water. Remove from stove, add piece of butter and allow to get cool by setting it in a basin of water. Add one-fourth teaspoon of vanilla. Stir till creamy. Add one cup of broken walnut meats before pouring candy on buttered platter.

Mrs. Sally Crooks Robinson.

**Maple Sugar Fudge.**—Put two cups of soft maple sugar and one-half cup of boiling water in an enamel kettle, dissolve thoroughly and boil hard ten minutes, add one cup of rich cream and cook ten minutes more being careful not to burn. Set one side while testing a little in saucer, stirring to a smooth soft mass. If sugary, add a little more cream, cook and test again. Do not stir the whole until luke warm as a finer fudge is the result. Add one cup of walnut or butternut meats cut fine just before pouring into slightly buttered pan.

Miss Channell.

**Marshmallow Fudge.**—Put in sauce-pan one and one-half cups each of light brown sugar and confectioners' sugar, one cup of milk, one-half cup of maple syrup, one-half cake of Baker's chocolate, one tablespoon of butter and boil until it forms a soft ball in cold water. Add a tablespoon of vanilla, stir well and beat when it grains at side of kettle. Add one-half to three-fourths pound of marshmallows, each cut into four or five pieces. Stir and turn quickly into a pan.

Mrs. Peck.

**Uncooked Fudge.**—Melt over hot water one cake of Baker's "dot" chocolate, add one cup of confectioners' sugar, two unbeaten eggs, a teaspoon of vanilla, a small piece of butter and scant cup of nut meats. Stir until well blended and spread in buttered tin.

Miss Jane Larkin.

**Molasses Bars with Filling of Fondant.**—In making this candy the preparation of fondant comes first. Use your favorite way of making same, recipes for which are given elsewhere, flavoring as you prefer with vanilla, pistachio, chocolate, and so forth. For molasses part, use as follows: Put into enamel kettle one cup of granulated sugar, one-half cup of molasses, one-fourth cup of boiling water, one tablespoon of vinegar, two tablespoons of butter, one-fourth teaspoon of salt. Bring to boiling point slowly to thoroughly dissolve sugar, cook without stirring fifteen minutes. Test by trying a little in cold water, if slightly brittle it is done. Add to the whole one-fourth teaspoon of soda, stir in lightly and pour into well buttered pan. When luke warm pull until a light color is reached. Cut off pieces six or eight inches long, flatten out thin to a width of three inches and through center lengthwise lay the fondant and bring the edges of molasses together. Leave in bars or cut in small pieces.

Miss Channell.



**Molasses Candy.**—One cup of New Orleans molasses, one-half cup of white sugar; boil until it cracks in water, then add one-half teaspoon of soda; pour on buttered tin or marble; pull as soon as it is cool enough until hard.

Mr. L. V. Hubbard.

**Molasses Candy.**—Two cups of molasses, one cup of sugar, a piece of butter the size of an egg, one tablespoon of glycerine. Boil twenty or thirty minutes until brittle. Stir in one-half teaspoon of soda, and pour on a large platter. When cool enough, pull on a hook until white. Draw into sticks and cut with shears.

Mrs. Mary Parmelee Olney.

**Molasses Candy.**—Two cups of New Orleans molasses, one cup of sugar, four tablespoons of vinegar, butter the size of a small egg. Boil until when dropped in cold water you can pull it. Pour on buttered platters, and let stand until you can handle it, not until too cool.

Miss Cahill.

**Butter Scotch.**—Boil together one cup of sugar, one-half cup of molasses, one tablespoon of vinegar, two tablespoons of boiling water, one-half cup of butter, until when tried in cold water mixture will become brittle. Turn into a well buttered pan; when slightly cool mark with a sharp-pointed knife into squares.

**Butter Taffy.**—Take two heaping cups of sugar, and of water only one, and put them in a kettle on the fire; of molasses half a cup, and—before you take it up—all the butter the family can spare. Now you stir it, and you mix it, and you watch it all the time, and you boil the whole concoction till it hairs. Then you try it on a plate (it will surely be first rate), and you pour it into pans and cut it into squares.

Mrs. Alice F. Stevens.

**Butternut Candy.**—One cup of sweet cream; two cups of maple sugar, melted together; boil until it begins to grain, avoiding much stirring; put butternut meats in a tin and pour over them the syrup; cut in squares.

Mrs. Pitman.

**Peanut Candy.**—Two cups of white sugar, one cup of vinegar, two quarts of peanuts; let the sugar and vinegar boil until hard, testing by dropping into cold water; flavor a little with vanilla and add the peanuts; pour into flat tins, and just before hardening cut into squares.

Mrs. Mary Parmelee Olney.

**Peanut Brittle.**—Three cups of granulated sugar, one cup of crushed peanuts. Put the sugar in a frying pan and heat gradually,

stirring constantly, until the sugar is all melted. Do not let it scorch. Have your tins buttered. Stir the peanuts into the melted sugar and pour in tins. Other nuts may be used.

Mrs. Eleanor Markell Proctor.

**Hoarhound Candy.**—Steep one tablespoon of hoarhound in a half cup of water, strain and add one pint of sugar and one tablespoon of vinegar. Boil without stirring, and when brittle pour into buttered pans. Mark off into squares while warm.

Mrs. George Hawkins.

**Stuffed Dates.**—Remove the stone from the date, place a half walnut meat within the fruit, press tightly together, and roll in granulated sugar.

Mrs. Josephine Lawrence Porter.

Preserved ginger in place of walnut meats is delicious.

**Stuffed Dates.**—Wash dates, dry thoroughly and remove stones. Grind peanuts in a meat chopper so that they will not crumble when balled. Salt to taste and place ball inside of date.

Mrs. J. Duncan McNair.

**Date Roll.**—Boil one and one-half cups of sugar and one cup of milk to the soft ball or when tried in water it holds together well. Add one tablespoon of butter five minutes before taking from the fire. When ready stir in one package stoned dates and one and one-half cups of pecan nut meats and pour the mixture on a wet cloth. Bring over one side as you would fold a handkerchief and press mixture back to form an oblong.

Mrs. Sarah Robb Taylor.

**Salted Almonds.**—Shell the nuts and blanch. To every cupful add one even tablespoon of melted butter and let stand a while. Sprinkle with a level teaspoon of salt. Place in a moderately hot oven and bake until brown, stirring occasionally; then place on brown paper. Peanuts may be salted in the same way.

Mrs. Emilie McClary Woodbury.

**Salted Peanuts.**—Select raw peanuts. Shell and blanch by pouring over them boiling water. Heat lard enough to cover the peanuts nicely, the same as for frying doughnuts. Put the peanuts in and let them cook, stirring constantly, until they are as brown as you wish. Remove and let drain in a sieve, then put them on several brown papers until all the lard is absorbed. When this is done salt to taste.

Mrs. Eleanor Markell Proctor.

**Candied Orange Peel.**—Soak the peel of the oranges over night in salt and water, one-half teaspoon of salt to one quart of water.

Drain this brine off and put on fresh water enough to rinse the peel. Cut the peel into narrow strips and boil in three waters until tender. After draining off the last water, boil in a syrup made of the same amount of sugar as fruit. When the peel has entirely absorbed the syrup it will be crystalized and ready to eat.

Mrs. Wallace C. Short.

**Candied Grapefruit Peel.**—Scrape the white thick part well from the inside of the rind, then cut in small pieces, cover with cold water and let come to a boil. Pour off the water, cover again with cold water, let come to a boil; repeat six times. Drain and for one large cup of peel use one small cup of sugar; put on cool part of the stove and let remain until syrup forms, then boil until the syrup is absorbed. Roll each piece lightly in granulated sugar. Mrs. Arthur E. McClary.

**Frosted Fruit.**—Dip the fruit in the beaten whites of eggs; then in pulverized sugar; put white paper in tins and lay on the fruit to dry in a very cool oven.

Mrs. R. D. Huntington.

## CASSEROLE COOKERY

This method of cooking is so universal in France, the land of thrift, that it deserves to be better known and adopted here, the land of extravagance.

It preserves all the nutriment and true flavor of the food. It makes for economy of material, time and labor. Some foods are better if cooked by a slow process and cheaper foods are rendered more palatable. For braising, pot roasting, and stewing, which are all slow cooking, the casserole has proved its supremacy over metal dishes. It is a non-conductor of heat thus saving fuel. Food may be left in it without danger of metallic contamination. It is easily cleaned and sanitary. The ornamental appearance of the dish simplifies serving as most foods are served at the table from the dish, also there is no loss of heat, transferring it to another dish and a saving in dish washing and last but not least the food can be kept waiting for some time without deteriorating, if one is late to dinner. There are all shapes and sizes of casseroles from the dainty individual dishes to a size sufficient for several people. The dishes of pyrex (glass) are most attractive.

**Shoulder of Lamb.**—Place about two pounds of lamb in the casserole with enough water to cover, add one small onion sliced, season with salt and pepper and cook till tender. About half an hour before serving pour in a can of Campbell's tomato soup.

Mrs. Florence Miller Main.

**Liver en Casserole.**—Wash and lard a calf's liver. Put a generous tablespoon of butter in a spider and brown the liver on both sides, also a turnip and two carrots cut in cubes and three or four *small* onions. Put the vegetables in the casserole on which place the liver. Put a cup and a half of stock or water in the spider, let come to a boil and pour over liver. Add a bay leaf, cover and cook slowly two and a half hours. Half an hour before cooked, season with salt and pepper. Most of the cooking may be done on top of the stove, not too hot, with asbestos mat under the casserole. When cooked remove to platter, garnish with vegetables, also a cup of cooked peas and serve. Or, the peas may be put in the casserole fifteen minutes before serving. Thicken liquor with flour and serve in boat.

Mrs. George Hawkins.

**Shad Roe en Casserole.**—Soak roe for fifteen minutes in cold water, then dry, season with salt, roll in flour and place in a well heated buttered casserole. Put in a hot oven until nicely browned. Then add one pint of cooked seasoned peas with their liquor and cook fifteen minutes longer. Cooked carrots or string beans may be substituted for peas. Serve in casserole. Mr. Sherwood P. Snyder.

**Calves' Hearts.**—Remove tubes from two hearts and fill the cavities with a bread dressing seasoned to taste. Fasten together, to form a smooth, egg-shaped piece, lard with very thin slices of bacon, and dredge with flour. Select a casserole large enough to surround the hearts with a row of ripe tomatoes and green peppers, alternating, filled with the dressing. Add bits of butter, and bake in a moderate oven, basting frequently. The meat is also excellent served cold.

Mrs. Alice F. Stevens.

**Steak en Casserole.**—Cut two pounds of rump steak in small pieces. Put butter the size of an egg in frying pan, put in meat and brown, remove meat to casserole, fry one onion in the butter until brown, add two tablespoons of flour and brown, then one and one-half quarts of soup stock or water, add a cut up carrot, a little celery or celery salt. Season with salt and pepper put all in casserole and bake three hours. Ten minutes before serving put in a can of peas. Serve in casserole.

Mrs. M. L. French.

**Chicken.**—Prepare a fowl as for boiling and pack into the casserole. Unless the fowl is very fat put in a couple of slices of fat pork. Cover with water and bake till tender, then add enough rich milk to make a generous amount of gravy, thicken with flour and season with plenty of salt and pepper, add a piece of butter or a little sweet cream. An old fowl cooked this way will be tender and have a better flavor than if boiled. Sometimes it is better to cook the chicken the day before, then an hour in the oven will reheat it and then the milk may be added.

Mrs. Florence Miller Main.

**Guinea Hen en Casserole.**—Prepare bird as for roasting. Stick three cloves in a cored and pared apple, put tender celery in the cored space. Then put apple inside the hen, also all the salted and buttered bread crumbs for which there is space. Turn and brown the hen slightly in the spider with little butter. Then put it in the casserole on a bed of carrots, shredded green pepper and small onions. Add a tablespoon of butter rolled in flour and a cup of hot water. Cover

and cook slowly one and a half hours or till tender. Remove hen to platter and garnish with vegetables. Strain gravy. Serve with tart jelly.

**Apples en Casserole.**—Pare and core five tart apples. Put them in a casserole, sprinkle over one cup of sugar, add a cup of water and dot over a tablespoon of butter. Cover and cook in a moderate oven two hours or till apples are tender and brown. Serve warm from casserole with meat.

Mrs. George Hawkins.



## FIRELESS COOKERY

The principle of the fireless cooker or "straw box" has been known and practiced for many years in Northern Europe. Of late years it is coming into general use here. Its use not only means a saving of fuel and energy on the part of the housewife but it produces better results when slow cooking is desired as in cereals and so forth.

There are, generally speaking, two kinds of fireless cookers, the cookers so called and the calorics. In the former the food must be well heated before placing in the cooker. In the caloric the radiators are heated over a fire and the dish to be cooked is placed on one and the other disk over it if necessary. Baking and roasting are possible in these. The radiators for baking should be made hot enough to brown flour.

The fireless with radiators is the best and soon pays the initial cost in the saving of fuel. It should not be used for foods that require a rising temperature or those which need evaporation or would be injured by condensed steam. While the fireless is a boon to the busy housewife or the woman with many outside duties, yet it must be remembered that it does need a certain amount of watchfulness. A book of recipes comes with a caloric so we will only give a few tested ones.

**Oatmeal.**—Add a teaspoon of salt to four cups of boiling water and gradually add one cup of oatmeal stirring constantly. Put on cover and let boil five minutes, then without removing cover, place in fireless and cook four or five hours or over night.

**Cream of Wheat.**—One cup of cream of wheat, five of boiling water and one teaspoon of salt. Follow directions for oatmeal.

**Lamb Goulash.**—Cut into cubes two pounds of meat from a leg of lamb, season with salt, let stand fifteen minutes and sprinkle over two tablespoons of flour and shake well. Cook two large thinly sliced onions in one tablespoon of butter till yellow, add the meat with one-half teaspoon paprika, a little white pepper and cook a few minutes. Remove to a tightly covered kettle and place in caloric for one hour, using one radiator. This is nice with tomatoes added to the meat. Serve with mashed potato.

Mrs. Delia Thompson Whipple.

**Roast Chicken.**—Prepare the same as for roasting in stove. Heat two disks till flour browns quickly, generally from twenty to thirty minutes. Put chicken in roaster and let it heat through on top of one of the disks. Before putting in fireless, add half a cup of boiling water.

Mrs. Abiel Smith.

**Baked Beans.**—Soak about a pint of pea beans in cold water over night. In the morning drain and pour over boiling water, to which a pinch of soda has been added and cook until beans wrinkle. Drain again and add water, cooking until they split. Drain once more. Put a layer of beans in bean pot, then a couple of slices of salt pork and a few slices of onion. Alternate layers until full, using one onion in all. Add one teaspoon of mustard dissolved in one tablespoon of water and pour over the beans, pinch of salt and then a cup of maple sugar. (Maple syrup or brown sugar may be used instead.) Put bean pot in calorific using two radiators. Cook all day.

Mrs. Carolyn Howard Marshall.

**Brown Bread.**—One-half cup each of yellow Indian meal, Graham flour and white flour, three-fourths teaspoon each of salt and soda, one-half cup, scant, of molasses and one cup of sour milk. Mix in order given, beat well and steam three hours in fireless using one radiator heated ten minutes.

Mrs. William Watson.

**Baked Apples.**—Core and pare the apples, fill the cores with sugar. Put a little water in the pan to prevent burning. Heat the disk ten or fifteen minutes and set the pan containing the apples on top of disk to heat at same time. Then put in fireless and bake three or four hours.

Mrs. Abiel Smith.

**Dried Apricots.**—Wash the fruit carefully and soak over night in cold water. Boil slowly in same water, add sugar to taste and place in cooker for four hours. Dried fruits are especially satisfactory when prepared in fireless cooker for they can be cooked as long as necessary without being broken or reduced to mush.

## PAPER BAG COOKERY

M. Soyer's method of paper bag cookery appeals to housewives as an economical, labor saving method of preparing foods. The sealed bag conserves the flavor and rich juices, prevents a loss of weight in meats, there are no odors throughout the house, cleanliness is assured—the clean bag is at hand when needed and thrown into the fire when used.

M. Soyer does not claim that everything can be cooked in bags. At present things to be avoided are scrambled eggs, omelets, soups (except beef tea), beans, cabbage, macaroni and similar pastes.

Use especially prepared bags, select one that "fits" the food, neither too large nor too small. Grease the inside using a brush with butter or drippings. When the food is ready put it carefully in the bag seam side up, fold over the mouth of the bag two or three times and fasten with clips, fold the corners to insure hermetical closing.

Any oven will do and should be well heated when the food is put in. The average heat should be about two hundred degrees—not too hot or the bag will char. Reduce the heat after first fifteen minutes to about one hundred and seventy degrees for long slow cooking. If the oven shelves are solid, place a wire rack or a broiler over a pan to hold the bag, as the air should circulate freely around it. No food should be placed in a dish in the bag except pies. When cooking several articles at the same time, place roasts on the lower shelf of the oven, fish on second and pastry on third. If the temperature is right the food will brown in the closed bag. If the bag should break before the food is done, place bag and all in another bag. To remove the food, open the oven door carefully, hold a plate in the left hand under the bag and draw it carefully onto the plate, remove contents and burn the bag.

**Breaded Oysters.**—Wash oysters, dip in egg, roll in crumbs, put in bag with one or two tablespoons of butter according to number of oysters, seal bag and cook about eight minutes.

**Stuffed Haddock.**—Chop a cooked onion and mix with three tablespoons of bread crumbs, add one ounce of butter, pepper and salt to taste, one egg. Mix well and stuff fish. Butter a bag, roll the fish in flour, place in the bag, dot over with butter, seal and cook twenty-five minutes.

**Sirloin or Rib Roast of Beef.**—Wipe well with damp cloth. Put in a bag, do not season before cooking. Put in a moderate oven and cook allowing for three pounds, forty-five minutes, for six pounds, one hour and twenty-five minutes. Season and serve.

**Roast Chicken.**—Prepare as usual, cover the breast with butter. Place in bag in hot oven. Allow twenty-five minutes for small spring chicken—forty-five to fifty minutes for a stuffed fowl in a moderate oven.

**Mutton Chops.**—Trim, roll in a little butter, salt and pepper. Put in a small bag, seal, put in a hot oven and allow twelve minutes.

**Veal Chops.**—Same as mutton, allowing ten to twenty-five minutes according to thickness of chops.

**Kidney Stew.**—Take lamb or veal kidney cut in thick slices put in bag, cover with sliced mushroom, add two tablespoons each of currant jelly and brown sauce and cook ten minutes.

**Roulade of Beef.**—Remove skin and fat from a pound of cold roast beef and run through chopper, also one-fourth pound of cooked ham. Salt and pepper, a teaspoon each of finely minced olives and parsley, a few drops of tabasco, a little grated lemon peel and a dust of nutmeg. Mix together and add a quarter pound of cooked macaroni cut in inch lengths and tossed in a little butter, add well beaten yolks of two eggs and finally the whites whipped stiff. Roll in a piece of clean well greased paper, place in bag and bake in moderate oven twenty-five minutes. Serve with tomato sauce.

**Spinach.**—Pick over and wash well. Leave the spinach with water on leaves and put in bag. Add a little pepper and salt. Seal bag and cook thirty-five minutes. Then stand bag on a large plate, prick and let water run out. Take out of bag and season as usual.

## INVALID COOKERY AND DIABETIC DIET

**Dr. Pavy's Method of Making Beef Tea.**—Take one pound of lean, red beef, remove all fat and bits of fiber, *mince it fine*, put in a glass jar with one pint of cold water, let it stand from one to one and one-half hours, shaking it occasionally. Place the jar in a kettle of water, loosen the cover and place a piece of coiled wire or something equivalent, so as not to let jar rest on the bottom of kettle, and let all boil one hour. Pour off the tea and strain, letting the fine particles of meat go through with the tea. Season to taste.

Dr. Henry Furness.

**Beef Tea**—Take a pound of the juicy round of beef steak; cut into thin strips an inch long; put into a sauce pan and first cover with cold water; set over the stove where it will warm gradually; when it comes to a boil let it boil five minutes; pour off, and put in salt.

Mrs. M. K. Wead.

**Beef Tea.**—Cut up the beef in small pieces, place in glass can; set in a kettle of cold water and cook slowly until the juice of the meat is extracted. Add salt after it is done.

Mrs. McClary.

**Chicken Broth.**—Clean a three and one-half pound chicken, remove skin and fat, disjoint and wipe with a wet cloth. Put in a kettle with three pints of cold water, heat slowly to the boiling point, skim and cook until the meat is tender. Add one and one-half teaspoons of salt and a few grains of pepper; when half cooked strain and remove fat. Reheat to boiling point, add two tablespoons of rice and cook until rice is soft. It is sometimes necessary to cook rice separately and rub through a sieve before adding to the broth.

**Mutton Broth.**—One pound of lean mutton or lamb, cut small; one quart of cold water; a small tablespoon of rice, soaked in a little warm water; add a little milk if preferred; salt and pepper to taste.

**Meat Cakes.**—Put a piece of tender steak on meat board and with a sharp knife scrape off the soft part until there is nothing left but tough stringy fibres. Season the pulp with salt and pepper, make into small round cakes and broil carefully. Serve on rounds of toast.

Mrs. Parmelee.

**Coddled or Scrambled Eggs.**—Beat one egg in top of double boiler till light, add one-half cup of milk, one teaspoon of butter, salt spoon of salt and speck of pepper and stir over boiling water until it thickens. Allow it to stand a few moments to thicken. Serve on toast or hot rice.

Alida Frances Pattee.

**Chicken Jelly.**—Half a raw chicken pounded with a mallet to break the bones; put in about a quart of cold water; let it simmer in a covered vessel until the meat is in rags and the liquid reduced one-half; strain through a coarse cloth, return to the fire, and season to taste; simmer five minutes longer; when cool skim the oil from the top. Keep on ice.

**Sago Gruel.**—A heaping tablespoon of sago, washed in several slightly warm waters; put this into a coffee cup of water; when boiled until clear put in half a teacup of milk; as soon as scalded take off, and add one or two tablespoons of thin cream; salt to taste.

Mrs. M. K. Wead.

**Farina Gruel.**—Add one salt spoon of salt to one cup of boiling water; when boiling sprinkle in one teaspoon of farina; cook for ten minutes; add one cup of milk, cook five minutes and serve.

**Indian Meal Gruel.**—Stir two tablespoons of the meal to a smooth paste with cold water and put into one pint of boiling water. Let this boil for one-half hour, stirring often as it burns easily; if too thick add a little water. Season to taste.

**Barley Gruel.**—Wash two tablespoons of barley, add one quart of cold water and let soak two hours. Cook in same water until the water is reduced one-half, if it is to be used for infant feeding; for adults, reduce to one cup. Salt and cream may be added, or lemon juice and sugar as the case may require.

Boston Cooking School.

**Oatmeal Gruel.**—Add one-fourth cup of rolled oats, one-fourth teaspoon of salt to one and one-half cups of boiling water. Let boil two minutes, then cook over hot water, one hour. Strain, bring to the boiling point and add milk or cream to meet the needs of the case.

Boston Cooking School.

**Oatmeal Blanc Mange.**—Put one cup of oatmeal into a quart of cold water, with a little salt, and cook to a jelly, strain through a fine sieve and mould.

Mrs. C. B. Beardsley.



**A Nourishing Drink.**—Into a good sized bowl squeeze the juice of two oranges and one-half lemon, add one glass of cold water and four fresh eggs. Beat all together with an egg beater. Strain and sweeten to taste; six eggs may be added if required. Keep in a cold place. From a third to a half glass may be taken often. A little cracked ice improves it. Miss M. E. Doherty.

**Kumyss.**—Put into a self-sealing pint bottle one tablespoon of sugar, and one-sixth of a Fleischmann's yeast cake; fill the bottle to within three inches of the top with new milk and seal. Let it remain in a warm place nine hours — shaking frequently, at least once an hour. Then let it stand in a cold place for three hours, when it will be ready for use. An excellent and nourishing drink. Mrs. J. S. Phillips.

**Corn Tea.**—Brown and pound in a mortar one cup of sweet dry corn; pour on two cups of boiling water and steep fifteen minutes. This is light and nutritious, and can be taken when the patient is very weak.

**Irish Moss Lemonade.**—Soak one-fourth cup of Irish moss in cold water to cover; drain and pick over. Put it in a double boiler with one and one-half cups of cold water; cook thirty minutes and strain. To one-half cup of liquid add lemon juice and sugar to taste.

**Lemon Egg.**—Beat egg light, add heaping teaspoon of sugar or more, a little crushed ice and juice of one-half lemon. Fill glass with water. Refreshing and strengthening for convalescents.

**Egg Cream.**—To two fresh eggs add a pinch of salt, beat stiff and add teaspoon of sugar and one-half cup of cream. Beat together, chill and serve in sherbet glasses.

**Egg-Nog.**—To the beaten yolk of an egg add a speck of salt, three-fourths of a tablespoon of sugar and blend well, then add three-fourths of a cup of milk and a half tablespoon of pineapple juice, add the stiffly beaten white of the egg and serve. Eggs, milk, and juice should be chilled before blended. Miss Elizabeth Hodges.

**Orange Albumen.**—Add the juice of one orange to the unbeaten white of one egg, sweeten to taste and blend thoroughly. Use shaker, strain and chill.

**Cocoa Shake.**—Dissolve six teaspoons of cocoa and five of sugar in one-half cup of water. Add a cup and a half of boiling water and

cook till it thickens, stirring frequently. Pour in jar. It will keep for days in a cold place.

Take two teaspoons of the above and add to a glass of milk, a little vanilla and more sugar if desired. Put in shaker, add a little ice and shake well. Cream may be used instead of milk.

Clifton Springs Sanitarium.

**Malted Milk Cocoa.**—In a cup mix one tablespoon malted milk and one teaspoon cocoa with one teaspoon cold water till the paste is smooth. Fill the cup with boiling water and stir till the mixture is dissolved. Add sugar to taste.

Miss Katharine A. Paddock.

**Barley Punch.**—For the invalid who cannot take milk, barley is a fine substitute. Wash through several waters half a cup of pearl barley and put it on to heat slowly with one and a half quarts of cold water. Simmer gently for six hours, adding enough water if necessary to make one quart when done. Strain and set away to cool. Use it in place of milk for any hot or cold drink the patient is to have. The following is delicious: Beat an egg light, add a little sugar and nutmeg, a little cracked ice and orange or pineapple juice to flavor. Then fill the glass with cold barley water and it is ready to serve. Cocoa is delicious made with the barley water instead of milk. In cold weather make enough to last two days and keep in a glass preserve jar.

**Toast Water.**—Slices of bread dried thoroughly and nicely browned; pour over enough boiling water to cover them; let them steep until cold, keeping closely covered; strain, and sweeten if desired; put a piece of ice in glass when served.

**Hot Milk** is both nourishing and stimulating; when one is weary it is more easily digested than cold milk. Should be taken slowly in sips.

**Flaxseed Lemonade.**—Four tablespoons of flaxseed, one quart of boiling water; let remain in a covered dish three hours. When cold add the juice of two lemons and sweeten to taste. Take ice cold. This makes a soothing drink in throat and lung troubles.

**Cough Syrup.**—One ounce each of licorice root, flaxseed, thoroughwort, slippery elm and anise seed; steep until all the strength is extracted; strain and add one pint of molasses and one pound of white sugar; simmer to a quart. Excellent for children.

Mrs. House.

**Cough Mixture.**—Two ounces of flaxseed, one-fourth pound of rock candy, one cup of sugar, three cents worth of hoarhound, one stick of black licorice, two lemons boiled whole, cut and squeezed after boiling; one quart of water. Simmer all except the sugar and licorice for two hours—then strain, pressing the juice from the lemons; add the sugar and licorice and stir over the fire until the licorice is dissolved.

Mr. L. C. Wead.

**Cough Syrup.**—Place a handful of hops in a quart of cold water and simmer to one pint. Strain and add one pound of maple sugar or one pint of maple syrup. Add juice of two lemons and simmer to one pint, strain and bottle.

**Cough Mixture.**—Make a syrup of one pound of white sugar and one pint of water; dissolve two ounces of licorice ball in one pint of water; one-fourth ounce of opium in eight ounces of alcohol; let it stand over night; one ounce of anise oil in two ounces of alcohol; one-half ounce of pulverized blood root steeped in one pint of water and strained; mix the ingredients; take one-half teaspoon as often as the case may require.

Mrs. Gurley.

**Prunes and Senna.**—Take one quarter pound of fresh senna leaves, cover with a pint of cold water and bring slowly to the boiling point. Cook till juice is reduced one-half and strain carefully. Soak one pound of prunes over night. Cook till soft, but not broken, in double boiler. Add senna water and cook together about five minutes. Sugar to taste.

When figs are used, prepare same way as the prunes. Before soaking, cut out hard center and cut each fig in two.

**Dose.**—Two or three prunes in about two tablespoons of juice night and morning.

Clifton Springs Sanitarium.

**Spermaceti Salve.**—One ounce of spermaceti, three of white wax, six of olive oil; melt the spermaceti and wax together; heat the oil and put all together, stirring until cold.

**Cure for a Burn.**—Apply common baking soda; there is nothing better.

Mrs. C. B. Beardsley.

**Mustard Plaster.**—Mix thoroughly flour and ground mustard in the proportions required—usually one-third mustard to two-thirds flour, or mustard and flour equal parts—add hot water in sufficient quantity to make a thick paste. Spread on cotton cloth and cover with cheesecloth or old linen. Mixing with the white of an egg will prevent blistering.

Dr. D. R. Belding.

**Camphor Steam.**—A cold in the head can be quickly relieved by taking at once before retiring a good camphor steam. Add one tablespoon of camphor to a pint of steaming hot water, place the dish on a chair and cover the head with a blanket, inhale the steam into the throat and allow it to pass through the nose; continue this for three or four minutes and repeat the next night if necessary.

Mrs. McClary.

**For Indigestion.**—Sprinkle cayenne pepper over food.

**Antidote for Poison.**—For *any* poison swallow instantly a glass of cold water with a heaping teaspoon of common salt and one of ground mustard stirred in. This is a speedy emetic. When it has acted swallow the whites of two raw eggs. Marion Harland.

**To Remove Discoloration from Bruises.**—Apply a cloth wrung out in hot water and renew frequently. Or, apply a piece of raw beef.

**Sleeplessness.**—May be relieved by laying a cold wet cloth on the back of the neck, with a dry cloth outside.

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## STANDARD DIABETIC DIET

This diet and receipes below (unless signed) are contributed by Aloney Rust, M. D.

**Breakfast.**—Two eggs, ham 90 gm. (3 oz.); coffee with 45 gm. ( $\frac{1}{2}$  oz.) cream. Butter, 15 gm. ( $\frac{1}{2}$  oz.) on biscuit during test period; cooked with eggs if no biscuit or bread is taken.

**Luncheon.**—Meat (steak or chops) 120 gm. ( $\frac{1}{4}$  lb.). Green vegetables from list, two tablespoons (1 oz.). Butter, 15 gm. ( $\frac{1}{2}$  oz.) with the green vegetables if no bread is taken.

**Afternoon Tea** with 15 gm. ( $\frac{1}{2}$  oz.) of cream.

**Dinner.**—Any clear soup; fish, 90 gm. (3 oz.). Meat (beef, mutton, turkey or chicken) 120 gm. ( $\frac{1}{4}$  lb.). Green vegetable from list, two tablespoons. Salad with 15 gm. ( $\frac{1}{2}$  oz.) of oil in the dressing. Cream cheese, 30 gm. (1 oz.). Demi-tasse of coffee. Butter 30 gm. (1 oz.) on fish, meat or vegetables, if no bread is taken.

**Bedtime.**—Bouillon with one raw egg.

## GENERAL DIABETIC DIET LIST

**Soups.**—All meat soups and broth. May add vegetables allowed, egg or cheese.

**Meats.**—All fresh, smoked and cured meats (except liver), poultry and game, without sauces or gravies containing flour, pâté de foie gras.

**Fish.**—All kinds except oysters, clams or scallops; cooked without bread crumbs or meal; all dried salted, smoked or pickled fish.

**Eggs.**—Prepared in any way without flour.

**Fats.**—Butter, lard, suet, olive oil or other fats.

**Cheeses.**—All kinds especially cream, Swiss, English and pineapple cheese.

**Vegetables and Salads.**—Asparagus, beet greens, Brussels sprouts, cabbage, cauliflower, celery, chickory, cresses, cucumbers, egg-plant, endive, kohl rabi, leeks, lettuce, okra, pumpkin, radishes, rhubarb, salsify, sauerkraut, spinach, string beans, tomatoes, vegetable marrow. Pickles made from above vegetables unsweetened, ripe olives.

**Fungi.**—Mushrooms and truffles.

**Cream.**—Not over 90 cc. (3 oz.) a day.

**Condiments.**—Salt, pepper, cayenne and paprika, curry, cinnamon, cloves, English mustard, nutmeg, caraway, capers, vinegar, and the piquant sauces in small quantities unless specially forbidden.

**Desserts.**—Jellies made from gelatine, custards and ice creams made with eggs and cream; all sweetened with saccharin and flavored with vanilla and coffee. Nuts.

**Beverages.**—Tea or coffee, sweetened with saccharin and with the portion of cream allowed. Mineral waters of all kinds. Lemonade in small quantity sweetened with saccharin.

**ARTICLES PROHIBITED EXCEPT AS PRESCRIBED  
IN ACCESSORY DIET**

Sugar and sweets of every kind. Pastry, pudding, preserves, cake and ice cream.

Bread and biscuit of all kinds, toast, crackers and griddle cakes.

Cereals, such as rice, oatmeal, sago, hominy, tapioca and barley.

Macaroni, potatoes, carrots, parsnips, beans, peas, beets, green corn and turnips.

Fruit of all kinds, fresh or dried.

Soups, sauces or gravies thickened with flour or meal, or made with milk.

Beer, ale, porter, all sweet wines, sherry or port wine, sparkling wines, cider and liquors.

Milk, chocolate or cocoa. All sweet drinks or soda water.

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**Cream of Celery Soup.**—Boil in a cup of water, mash and strain six stalks of celery, one slice of onion and add to a cup of hot cream or milk. Bind with one-half teaspoon each of gluten flour and butter, cook thoroughly and season.  
Miss Elizabeth Hodges.

**Creamed Codfish.**—One-half cup flaked codfish, soaked in two waters, melt one-half teaspoon butter. Add one-half teaspoon gluten flour, pour on one cup of milk or cream, cook well. Add fish, beaten yolk of egg and little pepper.  
Alida Frances Pattee.

**Gluten Mush.**—Add one teaspoon of salt to one quart of boiling water, stir in quickly and lightly one and one-half cups of gluten meal.

Mrs. Gillmore.

**Cheese Savory.**—Stir together till very light four tablespoons each of melted butter and grated cheese with one tablespoon of Barker's Gluten Food A, two tablespoons cream, flavoring of salt and cayenne and two well beaten eggs. Pour into ramakins, bake in quick oven and serve immediately.

**Oatmeal Popovers.**—Into the white of one egg beaten lightly, stir three and one-third ounces of cooked oatmeal. Mix thoroughly and drop into heated popover pan. Bake twenty minutes and serve hot with butter.



**Soja-Bean Meal Muffins.**—Sift together thoroughly one ounce of soja-bean meal, one-half teaspoon baking powder, a little salt. Stir one and one-fourth ounces of cold water into the flour, add melted butter (size of hickory nut), beat white of one egg and mix in lightly. Bake in two buttered muffin pans.

**Lyster's Flour Muffins.**—Two eggs, three tablespoons each of cream and melted butter, one box of flour. This makes six muffins. Beat eggs, whites and yolks separately and very light. Add cream to yolks, then melted butter, then whites of eggs, then flour gradually; whip well. Bake in quick oven till brown—usually five to seven minutes. Take only one at a meal. Mrs. Ralph Thomas.

**Gluten Biscuit.**—Two cups of gluten flour, four even teaspoons of baking powder, two even tablespoons of shortening and a little salt, mix soft with milk. Miss Marian E. Seaver.

**Gluten Meal Biscuit.**—To one egg, add one heaping saltspoon of salt and beat, then add six tablespoons of cold water and beat till quite thick, into this beat one tablespoon of thin cream. Add two heaping tablespoons of dry gluten. Stir occasionally during one-half hour till the consistency of thick gruel. Bake thirty-five minutes in a well buttered pan in hot oven.

**Gluten Cream Tartar Biscuits.**—Two tablespoons melted butter, one-half cup of sweet milk, one-half teaspoon of soda dissolved in the milk, one teaspoon pure cream tartar and flour enough to mix as for baking powder biscuit. Mrs. F. W. Lawrence.

**Gluten Griddle Cakes.**—One egg, one cup of sweet milk, one-half teaspoon of soda, one teaspoon pure cream tartar mixed with flour enough to make a thin batter. Mrs. F. W. Lawrence.

**Gluten Bread.**—Two eggs, one teaspoon of salt mixed a very little with the eggs, two cups of sweet milk, one teaspoon of soda dissolved in milk, three heaping cups of flour. Sift two teaspoons of pure cream tartar into the flour. Bake one hour in a moderate oven.

Mrs. F. W. Lawrence.

**Gluten Bread.**—Boil two cups of water, scald one of milk and when luke warm dissolve one yeast cake in the water. To the milk add one teaspoon of salt, three saccharin tablets and two tablespoons of shortening. Mix all ingredients. Add gluten flour till mixture leaves

sides of the bowl clean. Knead till soft and elastic and form into two loaves. Let rise till more than double in size. Bake in moderate oven about forty-five minutes.

Miss Marian E. Seaver.

**Steamed Custard.**—Two cups of milk, two eggs, three saccharin tablets, a little salt, lemon and vanilla. Steam twenty minutes in three cups. Serve with whipped cream.

Miss Marian E. Seaver.

**Baked Custard.**—Two cups of milk, two eggs, three saccharin tablets, a little salt and nutmeg. Bake in slow oven till firm.

Miss Marian E. Seaver.

**Lemon Jelly.**—One envelope of Knox gelatine, one cup of cold water, two of boiling water, one-half cup of lemon juice and four saccharin tablets.

Miss Marian E. Seaver.

**Coffee Ice Cream.**—Three tablespoons of cream, three of water, two of coffee with two or three saccharin tablets dissolved in it and one egg. Mix in sauce pan and beat gradually till it thickens. Cool and freeze.

## MISCELLANEOUS

**Entertainment Supplies for Fifty Guests.**—For chicken salad allow five medium sized chickens and twelve heads of celery. One hundred sandwiches; two loaves of loaf cake and two of layer; two pounds of coffee and two quarts of cream; two gallons of ice cream.

**Church Supper Supplies for One Hundred Guests.**—For chicken pies use fifteen medium-sized chickens. For escalloped oysters allow two gallons of oysters, four pounds of crackers, two pounds of butter. For hash, ten pounds of corned beef with double the quantity of potato. With any two of these allow ten dozen biscuits; five pounds of butter; twelve pounds of ham before cooking; six quarts of cabbage salad; twelve heads of celery; eight dozen boiled eggs for egg salad; one hundred doughnuts; four pounds of cheese, three loaves of white cake, two of dark, four of layer; four pounds of coffee and four quarts of cream for the same.

**Sharp Vinegar.**—Put West India molasses into cold water until the mixture will bear up an egg, showing a piece of the egg shell as large as a five cent piece; set in the sun or a warm place. Remove the mother when it forms.

**Tarragon Vinegar.**—Take one heaping cup of leaves to one quart of good vinegar and let it stand two weeks; then press, strain and bottle.

**Baking Powder.**—One-half cup of cream tartar, one-fourth cup of soda, one-half cup of cornstarch. Sift all together eight times and keep in a close jar.

Mrs. McClary.

**Solution for Preserving Eggs.**—For one quart of water glass have twelve quarts of boiling water. Cool the water before adding the water glass. Place in a stone jar and put in the eggs at any time.

**Vanilla Extract.**—One vanilla bean, five tonka beans, ten ounces of alcohol, six of water, three of sugar; break the beans in small pieces; put all together and shake every day for six weeks.

Mrs. H. H. Thompson.

**Sage and Mint.**—Pick the leaves from the garden two or three times during the summer, wash thoroughly in several waters, spread

thinly over paper, and place where they will dry; then grind with the finest part of vegetable grinder and pack away carefully in jars.

**To Cut Warm Bread.**—Heat a thin bladed knife on the stove or in boiling water.

**Bread Crumbs to Keep.**—Have a dish in the warming oven and place in this the pieces and crusts of bread on hand, and after they are thoroughly dried, grind them in a vegetable grinder and place in a tin can, or pail, with several holes punched through the cover. These will keep for several weeks and are ready for dressing, or for other purposes. Mrs. McClary.

**To Stone Raisins.**—Pour over them boiling water and the seeds can easily be removed. This improves them for a cake or pudding.

**Salt.**—To prevent the salt from absorbing the dampness and becoming hard in the salt cellars during the summer season mix a little corn starch or rice flour with the salt, using one spoonful of starch to six of salt.

**Washing Fluid.**—One pound of potash, one and one-half ounces each of salts of ammonia and salts of tartar, six quarts of water. Put one cupful of mixture to three pails of water. Mrs. Ford.

**For Bluing Clothes.**—One-half ounce of oxalic acid and one ounce of Chinese blue; put into two quarts of water and bottle. Keep for use. Mrs. Munger.

**To Make Good Starch.**—Mix the starch with cold water; add boiling water until it thickens. then add a dessertspoon of sugar and a small piece of butter or lard. This makes a stiff and glossy finish.

**Shirt Polish.**—One cup of starch, one and one-half ounces of spermaceti, three-fourths of an ounce of paraffin, one and one-half ounces of white wax, one teaspoon of gum arabic, one quart of warm water. Mix, and boil ten minutes. Put one teaspoon of the mixture to each pint of starch.

**To Starch Mull or Lace.**—Into a teacup of water put a small teaspoon of dissolved gum arabic; dry the goods after starching and dampen before ironing—will make them look like new.

**To Wash Flannel.**—Wash with wool soap in warm water, not too hot, rinse in clear water of the same temperature, dry quickly.

**To Wash Colored Cambrics.**—Put a teaspoon of sugar of lead or salt into a pailful of water and soak fifteen minutes before washing. For stiffening navy blue cambrics use dark glue instead of starch.

**Wash Goods liable to fade.**—Should be washed in a strong solution of salt, allowing a cup of salt to a quart of hot water. While the water is warm put the material in and let it lie for a time; then take out and wash in the usual way.

**To Clean Straw Matting.**—Wash with a cloth dipped in clean salt and water, then wipe dry at once. This prevents its turning yellow.

**To Wash Pongee.**—Make a suds of ivory soap and luke warm water, wash goods, rinse well and dry thoroughly. Iron when *dry*.

Mrs. George Hawkins.

**To Wash White India Silk or Crêpe de Chine.**—Wash as above and put bluing in the rinsing water to keep silk white. Roll in towel and iron when damp.

**To Renew Black Silk.**—Put on a *perfectly smooth* surface; sponge with clear, cold water until it sticks to the board and leave until thoroughly dry.

Mrs. M. S. Mallon.

**To Restore Velvet.**—Dampen thoroughly a large piece of old cotton cloth, fold till quite thick, place upon a hot flat, which has been placed on its side on a table. The wrong side of the velvet is then drawn carefully over the wet cotton.

**To Remove Coffee, Tea and Fruit Stains.**—Place a bowl on the table, spread the stained part over it, pour boiling water on it from a height so as to strike the stain with force.

**To Remove Paint from Window Glass.**—Put sufficient soda into hot water to make a very strong solution; saturate the spots of paint with this and let it remain until nearly dry; then rub off with a woollen cloth.

Mrs. Caldwell.

**To Remove Iron Rust.**—Saturate spot with lemon juice, then cover with salt. Let stand in the sun for several hours, rinse in cold water. If not removed repeat.

**Ink and Iron Rust Stains.**—Such stains can generally be removed from white cloth with oxalic acid. Wash immediately.

**Mildew.**—Take lemon juice mixed with an equal weight of salt, powdered starch and soft soap; rub thickly on the spots, renewing two

or three times a day until the spots disappear; strong soft soap alone will often do as well if placed in the sun.

**To Clean Lamp Burners.**—Put the burners into water in which beans have been soaked or parboiled and boil one hour, then clean with sapolio or bath brick.  
Mrs. F. W. Lawrence.

**To Clarify Fat.**—Put drippings in sauce pan and melt, then strain into another pan, add one-half cup of boiling water to a pint of fat and a pinch of soda. Put over a moderate fire and boil till water is evaporated and fat clear. Skim and strain.

**How to Keep Flatirons Clean and Smooth.**—Rub them first with a piece of wax tied in a cloth, and afterwards scour them on a paper or cloth strewn with coarse salt.

**To Clean Coffee and Tea Pots.**—The black coating which collects inside the coffee and teapots may be easily removed. Throw a handful of cooking soda in the pot, fill it with boiling water, let it stand on the back of the stove for five or six hours and then wash thoroughly and rinse it in boiling water. Be careful to clean out the spout. This process will make the inside of an old coffee pot bright and sweet.

**To Wash Chamois.**—Two quarts of moderately warm water, two heaping teaspoons of borax, let soak for about ten minutes, then wash. Then take two quarts of water with one teaspoon of borax, and wash again, rinse well, pull out smooth; when partly dry rub with the hands.  
Mrs. Ralph.

**Furniture Varnish.**—One pint of Japan, five cents worth of asphaltum varnish, one tube of Indian red. Thin the mixture with spirits of turpentine and apply with a cloth.

**Paste.**—Three level tablespoons of flour with enough water for a smooth paste, one-fourth teaspoon of powdered alum, one-half cup of cold water. Stir constantly and cook until well thickened; then add twenty drops of oil of cloves and pack in a glass jar. When mounting pictures apply the paste with a piece of soft cloth. Mrs. McClary.

**Sealing Wax for Bottles.**—Six ounces of resin, one-half ounce of yellow wax and carmine the size of a pea. Put into a tin basin and melt, stir until mixed. Invert bottle (which has been well corked) and dip, covering the rim of the bottle, and set aside. When cool repeat the process of dipping.  
Dewey & Smith.



**To Clean Granite Ware.**—When any mixture has been burned on a vessel, fill with cold water; add four ounces of washing soda and heat gradually to the boiling point, boil a while, then empty; the dish may now be easily cleaned.

**Cleansing Cream.**—Aqua ammonia, three drachms; sulphuric ether, one and one-fourth drachms; alcohol, two drachms; powdered borax, eight grains; nitrate of potash, eight grains. Mix with two drachms of powdered white Castile soap, which has been previously dissolved in four ounces of hot water, then add twelve ounces of cold water.

Mrs. Edward Lawrence.

**Paper "Logs" for the Fire Place.**—Make very tight rolls, ten or more inches in length, six or more inches in circumference, using old newspapers, magazines, etc. Crumpled paper, nut shells, and other combustible rubbish should be packed into discarded cereal or berry boxes. Tie each roll or package firmly. These "logs" burned with wood, make good cheer of unsightly waste. They make, also, a considerable saving in the fuel bill.

Mr. H. H. B. Meyer, Washington.

**Hard Soap.**—Six pounds of sal soda, in crystal; three pounds of unslaked lime; four gallons of water; put all in a kettle and boil until dissolved; then let it settle; pour off the liquid and add to it seven pounds of clean grease (if tallow, six pounds); boil to the thickness of honey; pour into washtub and cut in bars.

**Soft Soap.**—Ten pounds of grease, six pounds of washing soda, eight gallons of hot water; let it stand for several days—until the grease is eaten up; if too thick add more water; stir every day. If wood ashes are used instead of soda boil the mixture.

**To Keep Roses.**—Lay them, their full length of the stems, in a pan of cold water, and place them in a cool place during the nights and they will keep for many days.

"When your Boston fern begins to droop feed it cottonseed meal," is the advice of a flat dweller who has tried everything and settled on the meal as the best of steady fertilizers for her window garden.

*Each recipe is true and tried,  
And some good housewife's honest pride —  
Some home's delight;  
And should your effort bring no prize,  
I'll say not where the trouble lies,—  
'Twere impolite.*



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